**FOR MAPS OF THE TU/TH COURSES GO TO:** <https://sites.google.com/site/tutrgroup/>

**Andy’s Amble – A Route – 7.82 miles**

Forum - MKT Trail West

Right to Scott Blvd

Right to Rollins

Right to Fairview

Left to Chapel Hill

Right to Forum

**Andy’s Amble – B Route – 6.63 miles**

Forum - MKT Trail West

Right to Scott Blvd

Right to Chapel Hill

Left to Cunningham

Right to Bray

Right to Fairview

Left to Chapel Hill

Right to Forum

**Andy’s Amble – C Route – 5.89 miles**

Forum - MKT Trail West

Right to Scott Blvd

Right to Chapel Hill

Right to Forum

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**Dave’s Devil – A Route – 6.66 miles**

Forum trailhead west to Providence Rd

Right to Providence Rd

Move over to the right when you reach the Providence Rd Outer Roadway by Waffle House

Keep going South on the Outer Rd

Right to Green Meadows Rd

Right to Forum

Back to Forum trailhead

**Dave’s Devil – B Route – 6.0 miles**

Forum trailhead west to Stadium

Right to Stadium Rd

Right to Providence Rd

Move over to the right when you reach the Providence Rd Outer Roadway by Waffle House

Keep going South on the Outer Rd

Right to Green Meadows Rd

Right to Forum

Back to Forum trailhead

**Dave’s Devil – C Route – 5.5 miles**

Forum trailhead west to Stadium

Right to Stadium Rd

Right on Carrie Frankie Dr

Right to Reactor Park Dr

Right to Providence Outer Rd

Right to Green Meadows Rd

Right to Forum

Back to Forum trailhead

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**Diva Run – A Route – 7.8 miles**

Forum trailhead west

Left to “flatland” and make the loop back to the parking lots

Right to Forum Blvd

Left to Green Meadows Rd

Right to Bethel St

Right to N Cedar Lake Dr

Right to Lake Valley Ln

Left to South Hampton Dr

Left to Forum Blvd

Right to Highlands Pwky

Right to Glencairn Dr

Left to Royal Lytham Dr

Right to South Hampton Dr

Left to Forum Blvd

Back to Forum trailhead

**Diva Run – B Route – 6.0 miles**

Forum trailhead west

Left to “flatland” and make the loop back to the parking lots

Right to Forum Blvd

Left to Green Meadows Rd

Right to Bethel St

Right to South Hampton Dr

Right to Forum Blvd

Back to Forum trailhead

**Diva Run – C Route – 4.9 miles**

Forum trailhead west

Left to “flatland” and make the loop back to the parking lots

Right to Forum Blvd

Left to Green Meadows Rd

Right to Bethel St

Right to Nifong Blvd

Right to Forum Blvd

Back to Forum trailhead

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**Don’s 3 Diner – A Route – 7.9 miles**

Forum trailhead to Stadium Blvd

Left to Stadium

Right to West Blvd

Right to Stewart Rd

Left to Garth Ave

Right to Walnut St

Right to College Ave

Right to Broadway

Left to 5th St

Right to Stewart Rd

Cross Providence Rd and right to trail

Follow back to Forum Trailhead

**Don’s 3 Diner – B Route – 6.9 miles**

Forum trailhead to Stadium Blvd

Left to Stadium

Right to West Blvd

Right to Stewart Rd

Left to Garth Ave

Right to Walnut St

Right to 5th St

Right to Stewart Rd

Cross Providence Rd and right to trail

Follow back to Forum Trailhead

**Don’s 3 Diner – C Route – 5.8 miles**

Forum trailhead to Stadium Blvd

Left to Stadium

Right to West Blvd

Right to Stewart Rd

Right to Providence Rd and right to trail

Follow back to Forum Trailhead

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**Dreier Dirty Half Dozen – A Route – 9.2 miles**

Forum Trailhead to Twin Lakes  
Left to Chapel Hill Rd  
Right to Fairview Rd  
Right to Rollins Rd

Right to Sunset Dr

Right to West Blvd

Left to Westwinds Dr

Left to Greenwood Ave

Right to Rollins Rd

Right to Glenwood Ave

Left to Redbud Ln

Left to Edgewood Ave

Right to Lathrop Rd

Left to Garth Ave

Right to Stewart Rd

Right to Providence Rd

Right to Stadium Blvd

Left to Forum Blvd

Back to Forum Trailhead

**Dreier Dirty Half Dozen – B Route – 6.3 miles**

Forum Trailhead to Twin Lakes  
Left to Chapel Hill Rd  
Right to Fairview Rd  
Right to Rollins Rd

Right to Sunset Dr

Right to West Blvd

Right to Stadium Blvd

Left to Forum Blvd

Back to Forum Trailhead

**Dreier Dirty Half Dozen – C Route – 5.6 miles**

Forum Trailhead to Twin Lakes  
Left to Chapel Hill Rd  
Right to Fairview Rd  
Right to Rollins Rd

Right to Stadium Blvd

Left to Forum Blvd

Back to Forum Trailhead

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**Earnest Extravaganza A route – 7.1 miles**

Forum trailhead west

Left to “flatland” and make the loop back to the lower parking lot

Right to trail just before lower parking lot

Right to Forum Blvd

Left to Crestwood Ln

Right to Larail Dr. (Crestwood Ln. turns into Larail Dr)

Right to Burwood Dr.

Right to Rollingwood Dr.

Left to Oak Lawn Dr.

Cross over Green Meadows to straight on Godfrey Dr.

Right to Wakefield Dr.

Left to Chatham Dr.

Left to Godfrey Dr.

Right to N. Brookline Dr.

Right to Falmouth Dr.

Left to S. Brookline Dr.

Left to Bethel St.

Cross back over Green Meadows to straight on Green Meadows Circle

Left to Greenbrier Dr.

Right to Greenbrier Connector (almost to the end of Greenbrier Dr)

Left to the Hinkson Creek Trail

Left to the MKT Trail

**Earnest Extravaganza B route – 6.0 miles**

Forum trailhead west

Left to “flatland” and make the loop back to the lower parking lot

Right to trail just before lower parking lot

Right to Forum Blvd

Left to Crestwood Ln

Right to Larail Dr. (Crestwood Ln. turns into Larail Dr)

Right to Burwood Dr.

Right to Rollingwood Dr.

Left to Oak Lawn Dr.

Left to Green Meadows Rd.

Left to Green Meadows Circle

Left to Greenbrier Dr.

Right to Greenbrier Connector (almost to the end of Greenbrier Dr)

Left to the Hinkson Creek Trail

Left to the MKT Trail

**Earnest Extravaganza C route – 5.25 miles**

Forum trailhead west

Left to “flatland” and make the loop back to the lower parking lot

Right to trail just before lower parking lot

Right to Forum Blvd

Left to Green Meadows Rd.

Left to Green Meadows Circle

Left to Greenbrier Dr.

Right to Greenbrier Connector (almost to the end of Greenbrier Dr)

Left to the Hinkson Creek Trail

Left to the MKT Trail

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**Ed’s Edition – A Route – 7.0 miles**

Forum Trailhead West

Take path off trail going Left to Country Woods

Left to Vawter School Rd/Nifong Blvd

Left to Providence Outer Road

Left to Green Meadows Right to Forum

Back to start

**Ed’s Edition – B Route – 6.05 miles**

Forum Trailhead West

Take path off trail going Left to Country Woods

Left to Vawter School Rd/Nifong Blvd

Left to Bethel St

Left to Green Meadows Right to Forum

Back to start

**Ed’s Edition – C Route – 4.74 miles**

Forum Trailhead West

Take path off trail going Left to Country Woods

Left to Vawter School Rd/Nifong Blvd

Left to Forum Blvd

Back to start

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**Hugh’s Hulen Hills – A Route – 7.0 miles**

Forum Trailhead to Twin Lakes  
Left to Chapel Hill Rd  
Right to Fairview Rd  
Right to Broadway  
Right to Braemore Rd  
Right to Highland Dr  
Left to Fairview Rd  
Left to Summit Rd  
Right to Hulen Dr  
Follow to Ridgefield Rd  
Left to Wood Hill Rd  
Right to Ridgemont Rd  
Follow to High Ridge Dr  
Left to Mills Dr  
Right to Forum Blvd  
Follow back to Trail

**Hugh’s Hulen Hills – B Route – 6.3 miles**

Forum Trailhead to Twin Lakes  
Left to Chapel Hill Rd  
Right to Fairview Rd  
Right to Summit Rd  
Right to Hulen Dr  
Follow to Ridgefield Rd  
Left to Wood Hill Rd  
Right to Ridgemont Rd  
Follow to High Ridge Dr  
Left to Mills Dr  
Right to Forum Blvd  
Follow back to Trail

**Hugh’s Hulen Hills – C Route – 5.1 miles**

Forum Trailhead to Twin Lakes

Left to Chapel Hill Rd  
Right to Fairview Rd  
Right to Malibu  
Right to Ridgefield Rd  
Left to Wood Hill Rd  
Right to Ridgemont Rd  
Follow to High Ridge Dr  
Left to Mills Dr  
Right to Forum Blvd  
Follow back to Trail

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**Jaira’s Jaunt – A Route – 7.1 miles**

Forum Trailhead east

Right to the trail spur

Follow spur to tennis courts/climbing tower

Run through the parking lot

Turn left to the outer roadway

Right back onto the MU rec trail going under Providence

Right to the bridge into the 7 Oaks Subdivision on UMC drive

Right to Campus View Dr

Left to the access road (Carter Ln) along Providence

Cross over (carefully) to Providence towards Waffle House

Right down the Outer Roadway access road  
Left to Reactor Park Dr   
Left to Carrie Francke Dr up the hill

Left to Stadium Blvd

Left to Forum

Follow back to Trail

**Jaira’s Jaunt – B Route – 6.1 miles**

Forum Trailhead east

Right to the trail spur

Follow spur to tennis courts/climbing tower

Run through the parking lot

Turn left to the outer roadway

Right back onto the MU rec trail going under Providence

Right to the bridge into the 7 Oaks Subdivision on UMC drive

Right to Campus View Dr

Left to the access road (Carter Ln) along Providence

Cross over (carefully) to Providence towards Waffle House

Right down the Outer Roadway access road  
Proceed to take a sharp left over toward the Tennis Courts/Climbing tower and take the spur back to the Forum Trailhead

**Jaira’s Jaunt – C Route – 5.0 miles**

Forum Trailhead east

Right to the trail spur

Follow spur to tennis courts/climbing tower

Run through the parking lot

Turn left to the outer roadway

Left to Reactor Park Dr

Left to Carrie Francke Dr

Left to Stadium Blvd

Left to Forum Blvd

Follow Forum back to trailhead

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**MKT – West – A Route – 7.8 miles**

Start at Forum Trailhead   
Head west out to Bridge past the 6.5 mile marker and back.

**MKT – West – B Route – 6.6 miles**

Start at Forum Trailhead   
Head west to the 6.0 mile marker and back.

**MKT – West – C Route – 5.5 miles**

Start at Forum Trailhead   
Head west to the 5.5 mile marker and back.

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**President’s Hill – A Route – 7.6 miles**

Start at the Forum Trailhead

Go east and turn right at the trail spur

Follow spur to tennis courts/climbing tower

Run through the parking lot

Turn left to the outer roadway and then right back on the MU Rec trail going under Providence

Follow until you get to Recreation Dr and go straight up President’s Hill rather than following trail to the right

At the pavement make a left

Follow through parking lot

Turn left on sidewalk by Hearnes

Right to Maryland Ave

Left to Conley

Right to 6th St

Left to Stewart Rd

Left to Providence

Right to Stadium

Left to Forum

Follow back to Trail

**President’s Hill – B Route – 6.3 miles**

Start at the Forum Trailhead

Go east and turn right at the trail spur

Follow spur to tennis courts/climbing tower

Run through the parking lot

Turn left on the outer roadway and then right back on the MU Rec trail going under Providence

Follow until you get to Recreation Dr and go straight up President’s Hill rather than following trail to the right

At the pavement make a left

Follow through parking lot

Turn left on sidewalk by Hearnes

Follow Stadium Blvd.

Left to Forum

Follow back to Trail

**President’s Hill – C Route – 6.0 miles**

Start at the Forum Trailhead

Go east and turn right at the trail spur

Follow spur to tennis courts/climbing tower

Run through the parking lot

Turn left on the outer roadway and then right back on the MU Rec trail going under Providence

Follow until you get to Recreation Dr and go straight up President’s Hill rather than following trail to the right

At the pavement make a left

Follow through parking lot

Turn left on sidewalk by Hearnes

Follow Stadium Blvd.

Left to MKT

Follow back to Forum Trailhead

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**Rain Run – A Route – 7.4 miles**

Forum Trailhead towards Providence

Left to Providence

Right to Elm

Left to 5th St

Right to Broadway

Right to College

Right to Hospital Dr

Cross Maryland and go under Stadium Tunnel

Right outside tunnel through parking lot to Stadium Blvd

Left on Forum

Return to Forum Trailhead

**Rain Run – B Route – 6.6 miles**

Forum Trailhead towards Providence

Left to Providence

Right to Elm

Left to 5th St

Right to Broadway

Right to 9th St

Right to Conley

Left to Maryland and go under Stadium Tunnel

Right outside tunnel through parking lot to Stadium Blvd

Left on Trail

Return to Forum Trailhead

**Rain Run – C Route – 5.1 miles**

Forum Trailhead towards Providence

Right to Providence

Right to Stadium Blvd

Left on Trail

Return to Forum Trailhead

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**Rock Quarry Mulch Pile – A Route – 7.9 miles**

Forum Trailhead east

Right to the trail spur

Follow spur to tennis courts/climbing tower

Run through the parking lot

Turn left to the outer roadway

Right back onto the MU rec trail going under Providence

Follow trail to under Rock Quarry Rd

Over bridge and run around the mulch pile

Reverse route and return to the Forum trailhead

**Rock Quarry Mulch Pile – B Route – 6.1 miles**

Forum Trailhead east

Right to the trail spur

Follow spur to tennis courts/climbing tower

Run through the parking lot

Turn left to the outer roadway

Right back onto the MU rec trail going under Providence

Follow trail to the first bridge and turn around

Reverse route and return to the Forum trailhead

**Rock Quarry Mulch Pile – C Route – 5.4 miles**

Forum Trailhead east

Right to the trail spur

Follow spur to tennis courts/climbing tower

Run through the parking lot

Turn left to the outer roadway

Right back onto the MU rec trail going under Providence

Turn around at President’s Hill

Reverse route and return to the Forum trailhead

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**Snapper Lapper – A Route – 7.7 miles**

Forum Trailhead east

Left to MKT Trail Plaza – Flat Branch Park (tunnels)

Right to MKT Connector Trail

Right to Locust St

Left to 4th St

Right to Ash St

Left to 9th St

Right to Rogers St

Left to Nichols St

Right to Hinkson Ave

Right to College Ave

Right to Rogers St

Left to Park Ave

Left to 9th St

Follow Right to Conley Ave

Right to 5th St

Left to Stewart Rd

Left to MKT

Return to Forum trailhead

**Snapper Lapper – B Route – 6.67 miles**

Forum Trailhead east

Left to MKT Trail Plaza – Flat Branch Park (tunnels)

Right to MKT Connector Trail

Right to Locust St

Left to 4th St

Right to Ash St

Right to 9th St

Follow Right to Conley Ave

Right to 5th St

Left to Stewart Rd

Left to MKT

Return to Forum trailhead

**Snapper Lapper – C Route – 5.7 miles**

Forum Trailhead east

Left to MKT Trail Plaza – Flat Branch Park (tunnels)

Right to MKT Connector Trail

Right to Locust St

Left to 4th St

Right to Broadway

Right to 5th St

Right to Stewart Rd

Left to MKT

Return to Forum trailhead

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**Snow Route – A/B/C Route – 6.2 miles**

Forum trailhead through parking lot

Left to Forum Blvd

Right to Stadium Blvd

Right to Providence Rd

Move over to the right when you reach the Providence Rd Outer Roadway by Waffle House

Keep going South on the Outer Rd

Right to Green Meadows Rd

Right to Forum

Back to Forum trailhead

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**Steve’s Home Stretch - A Route - 8.5 mi**

Forum Trailhead

West MKT

Right - Twin Lakes (County House Trail)

Follow to College Park Dr under Stadium

Left - Rollins

Right - Bourn

Left - Broadway

Left - Highland

Left - Fairview

Left - Rollins

Right - Hulen

Right - Ridgefield

Left - Woodhill

Right - Ridgemont

Right - County House Trail

Left MKT back to Forum

**Steve’s Home Stretch B - Route - 6.7 mi**

Forum Trailhead

West MKT

Right - Twin Lakes (County House Trail)

Follow to College Park Dr under Stadium

Left - Rollins

Left - Bourn

Left - Vegas

Right - Yuma

Left - Woodhill

Left - Ridgemont

Right - County House Trail

Left MKT back to Forum

**Steve’s Home Stretch - C-Route 4.7 mi**

Forum Trailhead

West MKT

Right - Twin Lakes (County House Trail)

Follow to Ridgemont & College Park Dr

Turn around and follow County House Trail

Left MKT back to Forum

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**Tiger Run – A Route – 7.46 miles**

Trail to Flat Branch Park

5th St to Walnut to columns in front of courthouse

8th St to columns on Campus

To Tiger Statue

Maryland to under Stadium

To Don Faurot Statue

Back on Trail Spur to Forum

**Tiger Run – B Route – 6.72 miles**

Trail to Flat Branch Park

5th St to Walnut to columns in front of courthouse

8th St to columns on Campus

To Tiger Statue

Maryland to under Stadium

To Don Faurot Statue

Stadium to Trail back to Forum

**Tiger Run – C Route – 6.18 miles**

Trail to Flat Branch Park

Elm to columns on Campus

To Tiger Statue

Maryland to under Stadium

Stadium to Trail back to Forum

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**Tripp 10K – A Route – 6.1 miles**

Forum Trailhead West

Left through parking lot to Scott Blvd

Left to Vawter School Rd/Nifong Blvd

Left to Forum Blvd

Follow back to Trail

**Tripp 10K – B/C Route – 4.7 miles**

Forum Trailhead West

Take path off trail going Left to Country Woods

Left to Vawter School Rd/Nifong Blvd

Left to Forum Blvd

Follow back to Trail