

# Maps

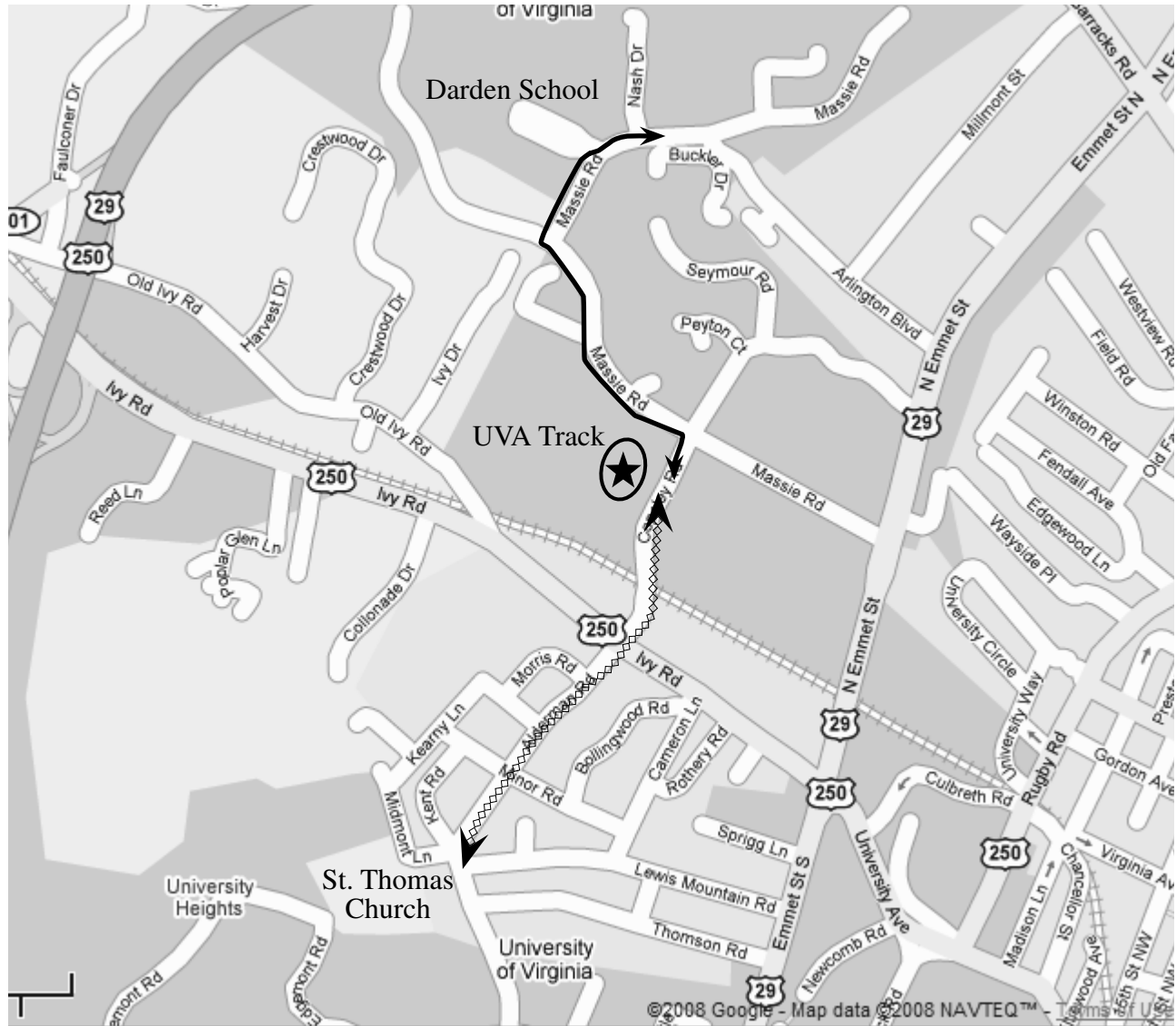
## 1 MILE ... Darden

Turn left on Copeley heading out of track.

Take a left on Massie Road.

Cross at stoplight and stay on Massie to Darden School.

At the second sign turn and return to track.



## 1 MILE ... Alderman

Turn right on Copeley heading out of the track.

Follow Alderman Road across Ivy Road and go up Alderman to St. Thomas Church.

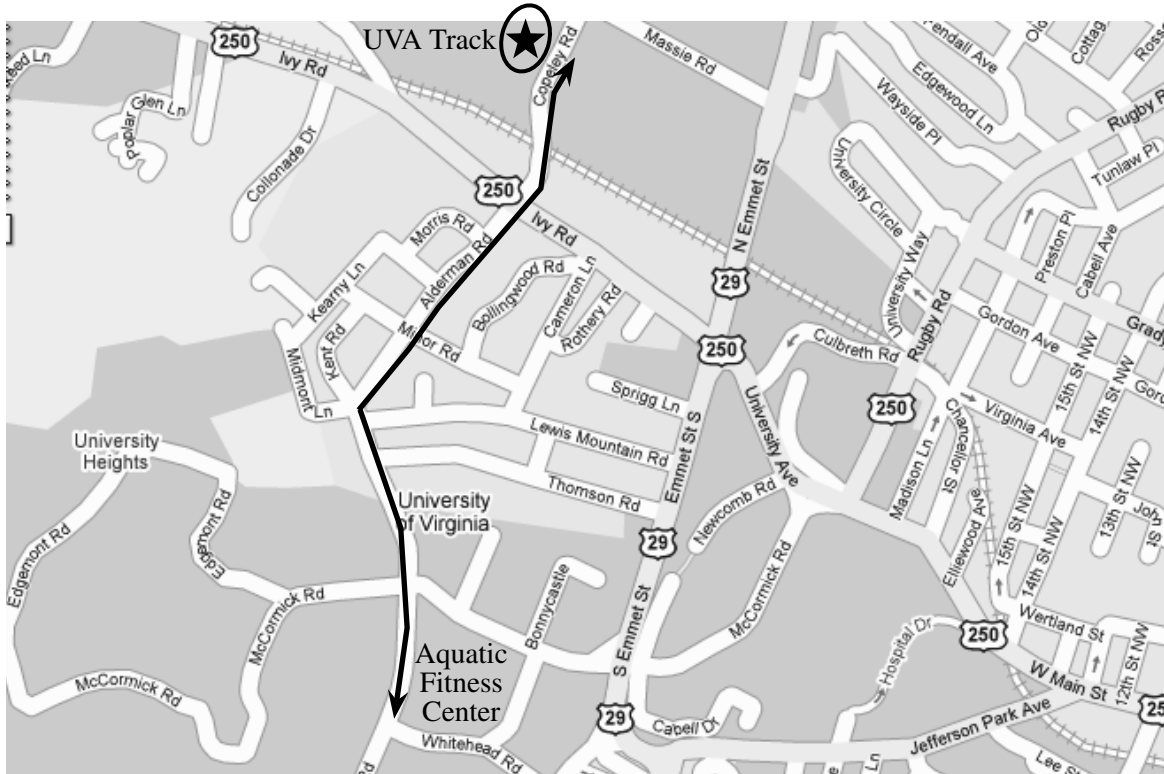
Turn and return back down Alderman to the track.

## 2 MILE ... Clock Tower

Turn right on Copeley heading out of the track.

Follow Alderman Road across Ivy Road and go straight to the Aquatic Fitness Center.

Loop around brick tower and return on same route back down Alderman to the track.



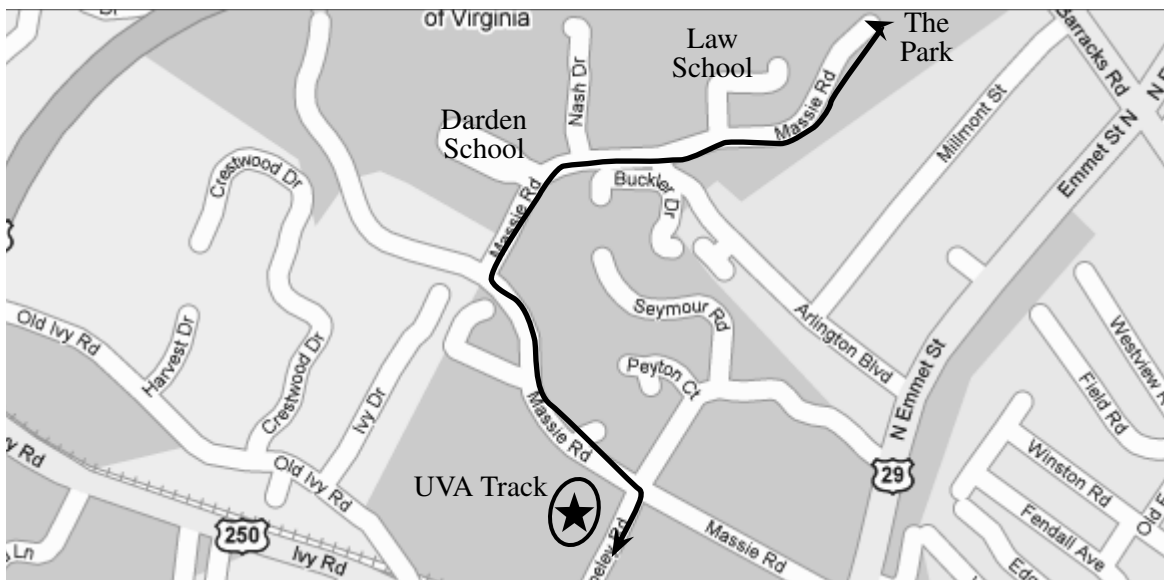
## 2 MILE ... Park

Turn left on Copeley heading out of track.

Take a left on Massie Road and run to stop light.

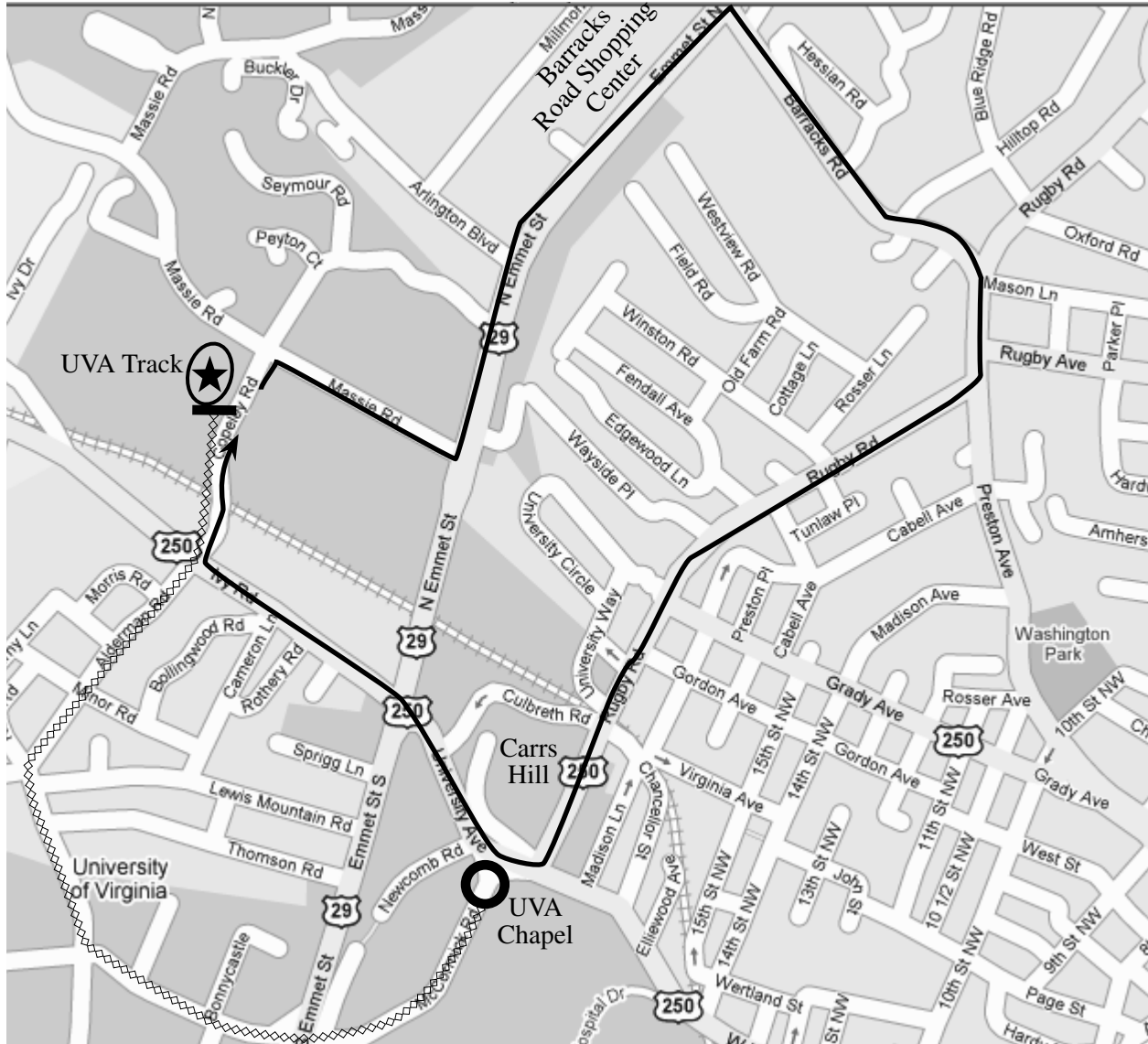
Turn right, staying on Massie Road and run past Darden and Law School to the Park.

Run to the end of the parking lot and return back Massie to the track.



### 3 MILE...Chapel

Turn right on Copeley heading out of the track.  
Follow Alderman Road across Ivy Road up to McCormick.  
Turn left on McCormick to University Chapel.  
Loop around the Chapel and return back down McCormick.  
Turn right on Alderman and return to track.



### 3.1 MILE ...Carrs Hill 5K

Turn left on Copeley heading out of track.  
Turn right on Massie.  
Turn left on Emmett Street and run past Barracks Road Shopping Center.  
Right on Barracks Road.  
Right on Preston Ave.  
Right on Rugby Road.  
Turn Right on University Avenue.  
Keep straight across Emmet Street, (where University Ave. becomes Ivy Road).  
Turn right on Alderman and run to track.

#### 4 MILE Stadium-Chapel Loop

Turn right on Copeley heading out of track.

Follow Alderman Road across Ivy Road to Stadium Road.

Turn left on Stadium Road and follow around back of UVA stadium to Whitehead Road.

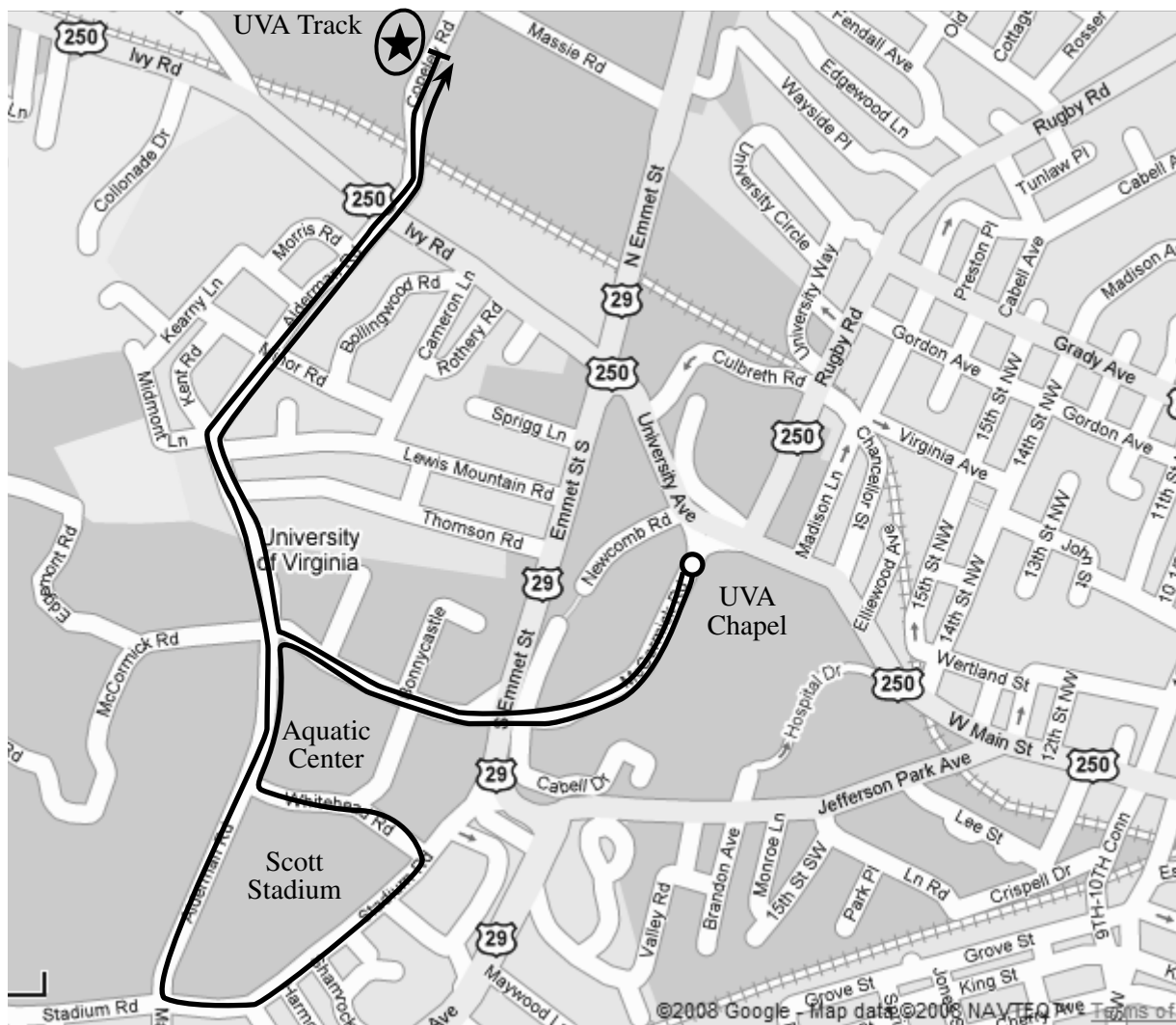
Turn left onto Whitehead Road and run back to Alderman.

Turn Right on Alderman and run to McCormick Road.

Turn right on McCormick and run to the Chapel.

Loop around the chapel and return back down McCormick to Alderman.

Turn right on Alderman and return to track.

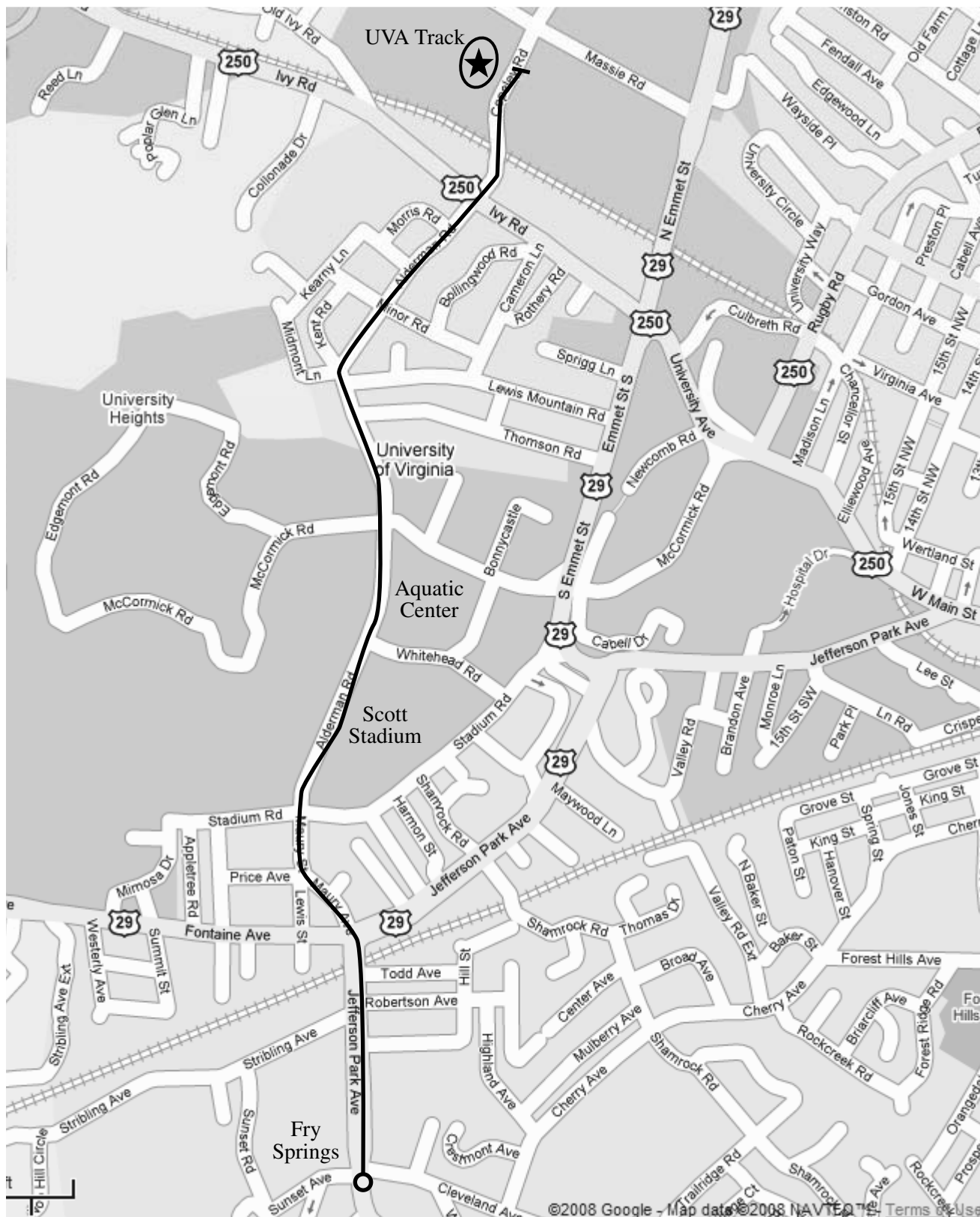


#### 4 MILE out and back

Turn right onto Copeley out of track.

Cross Ivy Road and follow Alderman straight out past Jefferson Park Avenue to Sunset Avenue (Fry Springs Beach Club).

Turn around and come back to the track.



# Suggested Routes

Up to 1.5 miles on the track – each lap = .25 mi

## **1 Mile**

- left out of the track (on Copeley), left on Massie, turn around at entrance to Darden School, and return to track (good for large groups)
- right out of the track (on Copeley), cross Ivy Road, up Alderman Road, turn around at St. Thomas Church, and return to track (better for smaller weekday runs)

## **1.25 Miles**

- left out of track, up Massie to Darden School, including the Darden drive
- left out of track, up Massie past Darden entrance, to Law School

## **1.5 Miles**

- up Massie past Darden and the Law School, turn around at JAG School driveway
- up Alderman, turn around at McCormick Road
- up Alderman, turn left on Thomson Rd, left on Fauquier Rd, left on Lewis Mountain Rd., right on Cameron, left on Ivy, right on Alderman/Copeley (for small groups so nobody gets lost or left behind)

## **1.75 Miles**

- 1 lap around track, then up Massie, turn around at JAG School driveway
- up Copeley/Alderman, left on Thomson Rd, left on Fauquier Rd, left on Lewis Mountain Rd, right on Alderman/Copeley to track

## **2 Miles**

- up Massie past Darden, Law School and JAG School, all the way to the bottom of the parking lot at The Park
- up Alderman, circle the Clock Tower and return to track

## **2.5 Miles**

- up Massie to The Park, once around baseball fields, then back to track
- up Alderman, turn around at Stadium Rd.

## **3 Miles**

- right on Copeley, up Alderman, around Scott Stadium on Stadium Rd and Whitehead Rd, back down Alderman/Copeley to track (will need to check on construction in that area before using this route or any other around the stadium)
- right on Copeley, up Alderman, left on McCormick, around Chapel, back on McCormick/Alderman/Copeley to track
- right on Copeley, follow Alderman/Maury all the way to JPA, turn around and come back to track
- right on Copeley, up Alderman, left on McCormick, cross University Ave, Rugby Rd., left on University Circle, right on University Way, right on Lambeth Lane, across footbridge, up Massie to track

### **3.5 Miles**

- right on Copeley, up Alderman past stadium, right on Stadium Rd, follow Stadium Rd to Fontaine Ave, turn around and retrace steps back to track [Stadium Rd becomes a wide paved path through parkland]
- right on Copeley, up Alderman turn around at Stadium Rd, at McCormick turn right, run around Chapel, return on McCormick/Alderman/Copeley to track
- 2 laps on the track + any of the 3-mile routes

### **4 Miles**

- right on Copeley/Alderman, around Scott Stadium, right on Alderman, right on McCormick, around Chapel, back on McCormick to Alderman/Copeley to track
- right on Copeley/Alderman, straight across Fontaine/JPA intersection, turn around at Sunset

### **4.5 Miles**

- right on Copeley/Alderman, left on McCormick, cross University Ave to Rugby Rd, left on Preston/Barracks Rd, left on Emmet, cross Emmet at Arlington Blvd, run up Arlington, left on Massie (at Law School), right on Copeley
- right on Copeley, left on Ivy/University, left on Rugby, right on Grady to Preston, right on Ridge-McIntire, right on W. Main to University Ave, right on Emmet, left on Massie to track

### **5 Miles**

- right on Copeley/Alderman, left on McCormick, past the Chapel, cross University Ave to Rugby Rd, right on Grady to Preston, right on 4th St, right on W. Main/University/Ivy, right on Copeley to track
- right on Copeley/Alderman, around Scott Stadium, right on Alderman, right on McCormick, pass the Chapel, cross University Ave to Rugby Rd, turn left on Preston/Barracks, turn left on Emmet staying on left side of street, cross Emmet at Massie, run up Massie to Copeley and the track
- left on Copeley, left on Massie past Darden, Law School and JAG to the Park, return to track and do any of the 3-mile routes

### **6 Miles**

- right on Copeley/Alderman, left on McCormick, past the Chapel, cross University Ave to Rugby Rd, right on Grady to Preston, follow Preston to the Downtown Mall, run up the Mall, turn right on 7th St, turn right on Water (which becomes W. Main and then University Ave), left on McCormick, right on Alderman/Copeley to track