

Distance	Route
2 miles	<ul style="list-style-type: none"> <li>• <b>Start at Yaron Field House</b></li> <li>• <b>Run around IM field and exit at SW corner onto San Amaro</b></li> <li>• <b>South on San Amaro and make R onto Ponce De Leon</b></li> <li>• <b>Follow Ponce to Red Rd, cross Ponce to Metro Rail trail (MRT)</b></li> <li>• Run North on trail back to San Amaro</li> <li>• Make right onto San Amaro</li> <li>• Run back to IM field to NW corner.</li> </ul>
3 miles	<ul style="list-style-type: none"> <li>• Start at Yaron Field House</li> <li>• Run around IM field and exit at SW corner onto San Amaro</li> <li>• Follow San Amaro and make L onto Ponce de Leon (stay on UM side of Ponce)</li> <li>• Follow Ponce de Leon North to Granada and make a left</li> <li>• Follow Granada to San Amaro</li> <li>• Make L on San Amaro and follow along backside of UM campus to Schiff Tennis lot</li> </ul>
4 miles	<ul style="list-style-type: none"> <li>• Follow <b>BOLD</b> route from 2 mile run</li> <li>• Follow MRT North to Granada</li> <li>• Cross Ponce de Leon and follow Granada to San Amaro</li> <li>• Make L on San Amaro and follow along backside of UM campus to Schiff Tennis lot</li> </ul>
5 miles	<ul style="list-style-type: none"> <li>• Follow <b>BOLD</b> route from 2 mile run</li> <li>• Follow MRT North to Le Jeune</li> <li>• Cross Ponce de Leon to sidewalk</li> <li>• Follow Ponce de Leon south to Granada</li> <li>• Make R on Granada and follow to San Amaro</li> <li>• Make L on San Amaro and follow along backside of UM campus to Schiff Tennis Center</li> </ul>
6miles	<ul style="list-style-type: none"> <li>• Follow the 5 mile route</li> <li>• When running on Granada, follow the loop AROUND Doctor's Hospital</li> <li>• Finish the run with 1 lap around the IM Field</li> </ul>
7 miles	<ul style="list-style-type: none"> <li>• Follow the <b>BOLD</b> route from 2 mile run</li> <li>• EXCEPT from the rest stop, run south over the bridge and left around driving circle</li> <li>• Make right and Cross US 1.</li> <li>• Follow Riviera all the way to Le Jeune intersection (look across the street and to the right for rest stop)</li> <li>• Turn around and follow exact route back to San Amaro (after Baseball Stadium)</li> <li>• Make right onto San Amaro back to Tennis Center</li> </ul>
9 miles	<ul style="list-style-type: none"> <li>• Follow the 7 mile route.</li> <li>• EXCEPT from the rest stop, run south over the bridge and left around driving circle</li> <li>• Head south on Ingrham Highway until you reach Causarina Concourse (left side intersection just past SW 82<sup>nd</sup> Street)</li> <li>• Turn around and follow route back.</li> </ul>
10 miles	<ul style="list-style-type: none"> <li>• Follow the 7 mile route to rest stop.</li> <li>• After water station, follow LeJeune North around park, make right onto Ingraham Hwy.</li> <li>• Bear right onto Edgewater Dr.</li> <li>• Follow Edgewater and make left at bottom of hill onto S.Douglas</li> <li>• Follow South Douglas, bear right onto Main Highway</li> <li>• Follow Main Highway to S. Mooring Way</li> <li>• Turn around and follow route back to UM</li> </ul>
12 miles	<ul style="list-style-type: none"> <li>• Follow 10 mile route</li> <li>• Continue on Main Highway to McFarlane</li> <li>• Make right on McFarlane (by Johnny Rockets) and follow to Peacock Park</li> <li>• Turn Around and follow route back to UM</li> </ul>
13 miles	<ul style="list-style-type: none"> <li>• Follow 12 mile route</li> <li>• Continue past Peacock Park to S. Bayshore Drive</li> <li>• Follow S. Bayshore to Pan American Drive</li> <li>• Make right onto Pan American and run to the old City Hall</li> <li>• Turn around and follow back to UM</li> </ul>
16 miles	<ul style="list-style-type: none"> <li>• Follow 12 mile route</li> <li>• Continue past Peacock Park to S. Bayshore Drive</li> <li>• Continue to Mercy Hospital</li> <li>• Turn around and follow back to UM</li> </ul>