

Convenient Fitness Routes for the SU Community

North Campus Loop

- Route:** From the Archbold-Flanagan entrance, take Sims Drive to Comstock Ave. to Waverly Avenue to Irving Avenue to Forestry Drive to Sims Drive.
- Distance:** 2.03 miles
- Highlights:** Very convenient access from many residence halls and Archbold-Flanagan Gymnasiums. For variety, navigate it in different directions on different days.
- Difficulty:** Moderately hilly route.

Euclid-Stratford Loop

- Route:** From the Archbold-Flanagan entrance, take Sims Drive to Euclid Ave. to Lancaster Ave. to Stratford Street to Comstock Ave. to Sims Drive.
- Distance:** 1.48 miles
- Highlights:** Flat route with a fair amount of shade.
- Difficulty:** Relatively simple course.

Euclid Avenue Loop

- Route:** From the Archbold-Flanagan entrance, take Sims Drive to Euclid Ave. to the Lancaster Ave. or Westcott St. intersections and back.
- Distances:** 1.18 miles to Lancaster and back; 1.80 miles to Westcott St. and back.
- Highlights:** A very popular route.
- Difficulty:** Relatively simple course.

Comstock Avenue Loop

- Route:** From the Archbold-Flanagan entrance, take Sims Drive to Comstock Ave. to the East Colvin St. intersection and back.
- Distances:** 0.80 miles to Stratford St. and back;
1.05 miles to the marked Oakwood Cemetery entrance and back;
1.43 miles to the unmarked Oakwood Cemetery entrance and back;
2.21 miles to the East Colvin St. intersection and back.
- Highlights:** Fairly shady, with lovely views of the cemetery.
- Difficulty:** Mostly downhill on the route south and uphill on the return route.

Lancaster Ave. Loop

- Route:** From the Archbold-Flanagan entrance, take Sims Drive to Euclid Ave. to Lancaster Ave. to East Colvin St. to Comstock Ave. to Sims Drive.
- Distance:** 3.09 miles
- Highlights:** A variety of terrain throughout the university neighborhoods.
- Difficulty:** Moderately rolling with no real hills.

Walnut Park Loop

- Route:** Loop around Walnut Park between Harrison St. on the downhill (north) end and Waverly Ave. on the uphill (south) end.
- Distance:** 0.54 miles
- Highlights:** Easy access from any Walnut Park address or neighboring street.
- Difficulty:** Depending on the direction, this loop has the perfect balance of gradual downhill and uphill grade changes.

Skytop Road-Colvin Street Intersection to Comstock Avenue

- Route:** From the intersection of Skytop Rd. and East Colvin St., take East Colvin St. west to Comstock Ave. and north to Euclid Avenue and back.
- Distance:** 0.46 miles to the Comstock Ave.-East Colvin St. intersection and back;
1.20 miles to the unmarked Comstock Ave. entrance to Oakwood Cemetery and back.
2.27miles to the Comstock Ave.-Euclid Ave. intersection and back.
- Highlights:** This route is surrounded by green space.
- Difficulty:** Relatively simple course.

Skytop Road-Colvin Street Intersection to Nottingham Road

- Route:** From the intersection of Skytop Rd. and East Colvin St., take East Colvin St. east to Nottingham Rd. and back.
- Distance:** 1.35 miles to Nottingham Rd. and back
- Highlights:** Newer sidewalks and a cool breeze.
- Difficulty:** There is a noticeable bump in the middle of each direction.

Barry Park Loop

- Route:** From the intersection of East Colvin St. and either Lancaster Ave. or Buckingham Ave., go north on Lancaster or Buckingham to Meadowbrook Drive. Turn right onto Meadowbrook Dr. to Barry Park, loop Barry Park (using Meadowbrook Dr., Broad St., and Westcott St.) and then head back to East Colvin St.
- Distance:** 1.13 miles to go out, around once, and back;
0.68 additional miles for each additional lap around Barry Park.
- Highlights:** Very convenient from many Skytop apartments and office buildings with minimal vehicular traffic.
- Difficulty:** Relative simple course.

Lancaster Ave. Loop

- Route:** Begin at East Colvin St. anywhere between Skytop Rd. and Lancaster Ave, and follow the loop that includes Lancaster Ave., Euclid Ave., Comstock Ave., and East Colvin St.
- Distance:** 2.60 miles
- Highlights:** A variety of terrain through off-campus neighborhoods.
- Difficulty:** Moderately rolling, but no real hills.

