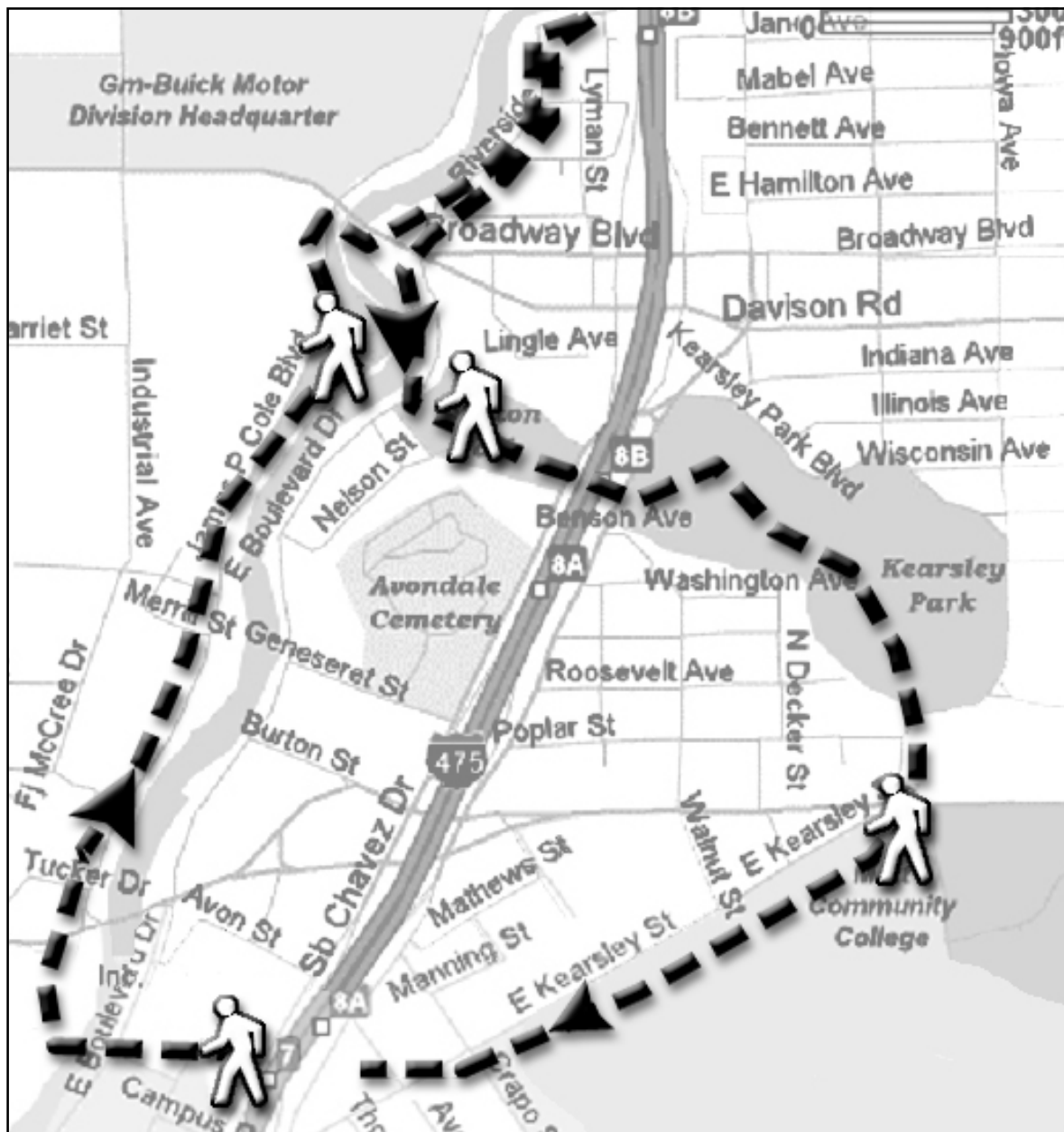


4-Mile Walk/Run

Start & End on Flint River Trail @ UM-Flint



Start at Stevens Street Bridge. Cross River on Bridge and follow Flint River Trail in north-easterly direction.

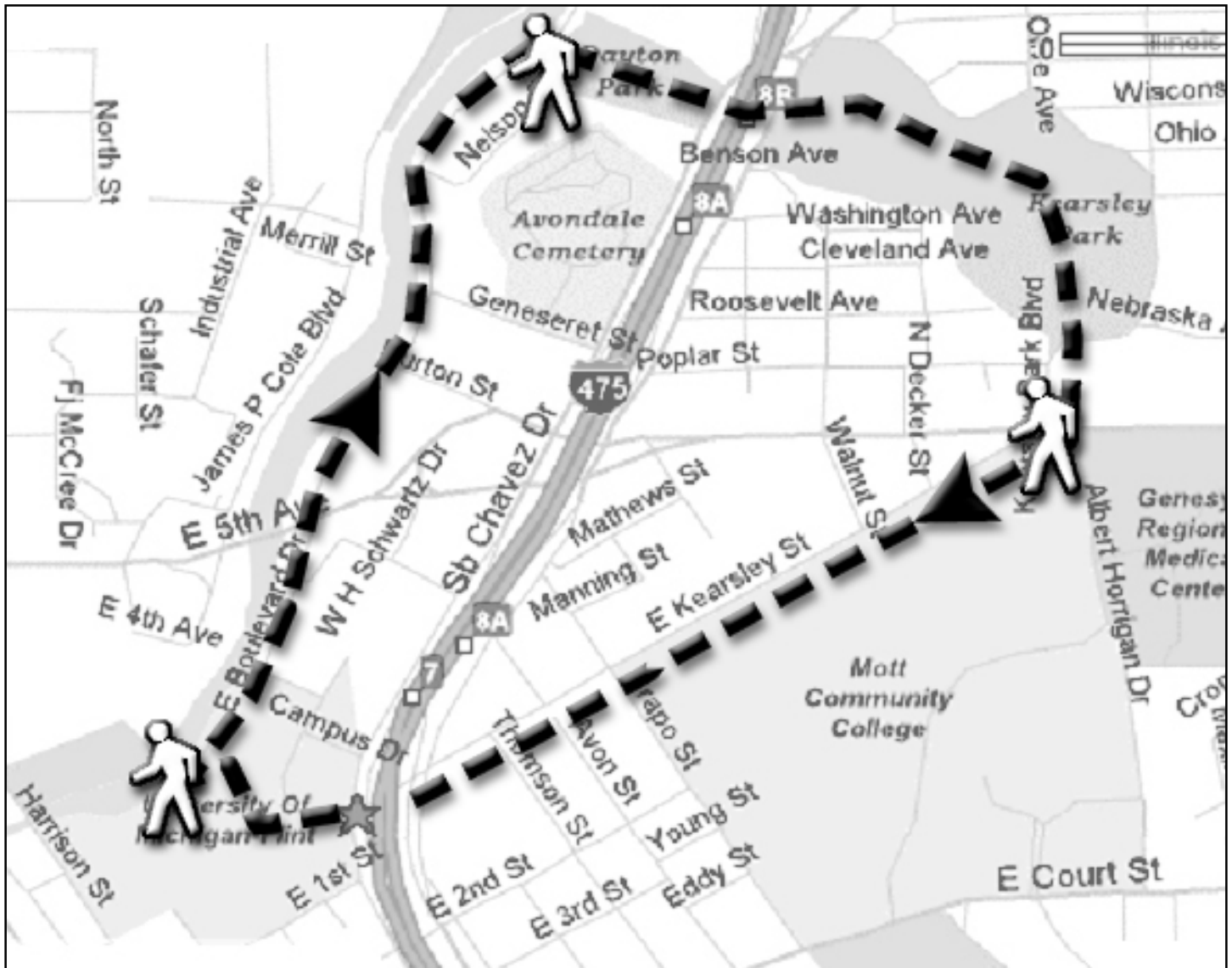
One-mile mark is near the flag in Vietnam Veterans Park.

Continue on Trail to Hamilton Ave. Cross Flint River on Hamilton Ave. At Hamilton & East Boulevard Drive, cross Hamilton to north. You are now walking/running along Riverside Drive. Continue northeasterly to the Riverside Drive park area overlooking the Flint River (just before I-476 viaduct).

Turn around in the park and travel southeasterly past Hamilton Ave. to the Dayton Park crossing. Two-mile mark is the one-mile mark for our three-mile route. Follow those directions from here.

3-Mile Walk/Run

Start & End on Flint River Trail @ UM-Flint



1. Start at Flint River Trail near Stevens Street Bridge.
Walk/Run east/northeast along Flint River Trail to Dayton Park.
2. Cross East Boulevard Drive and follow paved path through Dayton Park.
Look for 1-Mile Mark after you enter Park. Go through Dayton Park to SB Chavez Boulevard.
3. Turn left (north) on sidewalk. Follow along SB Chavez under I-475 viaduct.
4. Cross SB&NB Chavez at Crosswalk to enter Kearsley Park.
Meander in a southeast direction on the Kearsley Park Trail.
5. Cross Longway Boulevard at Horriagan Drive.
Follow sidewalk to Kearsley Street where you will see 2-Mile Mark.
Continue west through the Cultural Center.
6. At UM-Flint entrance, follow the CRIM blue line past the flags.
7. Cut around the Rec Center toward the Flint River Trail to Finish @ 3-Mile Mark.

3-Mile Route on CRIM Course Start at CRIM Start Line.



Start at CRIM Start Line.

Follow CRIM Blue Line to 1-Mile Mark and then through UM-Flint campus to 2-Mile Mark. At W. 2nd Avenue, turn right and go 2 blocks to Saginaw Street to pick up CRIM Blue Line again. Follow it north and continue on route to 1-Mile Mark. This is 3 miles.

To add distance, add on a Flint River Trail Route!