**RUNNING ROUTES**

Here are a few routes to get you started!

**West Fields Loop:** 0.45 mi

**Main Campus Loop:** 1.13 mi

**River Road Loop:** 1.37 mi

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### Running Tips

- **Use the buddy system:** Running with a buddy increases the amount of eyes and ears that can be aware of things. Although running with music is enjoyable, headphones reduce your awareness.
- **Cotton socks will only lead to blisters.** Invest in socks designed for running.
- **Don’t expect every run to be better than the last one.** Some of them will hurt.
- **Log your mileage for your legs and your shoes.** Too much on either will cause you injury.
- **Run against traffic.** If there are areas with no sidewalks, try to run on the down side of the roads. Be a defensive runner.
- **Vary your training routes.** This will prevent boredom and prevent your body from getting accustomed.
- **Run with a friend:** This will prevent boredom and prevent your body from getting accustomed.
- **Don’t expect every run to be better than the last one.** Some of them will hurt.
- **Use the buddy system:** Running with a buddy increases the amount of eyes and ears that can be aware of things. Although running with music is enjoyable, headphones reduce your awareness.
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### My Times

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**Recreation Services:** [http://www.bucknell.edu/x1696.xml](http://www.bucknell.edu/x1696.xml)

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**BUCKNELL RECREATION SERVICES™**

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**Running Information available at:** [http://bucknell.edu/x1799.xml](http://bucknell.edu/x1799.xml)