Recreation Services: http://www.bucknell.edu/x1696.xml

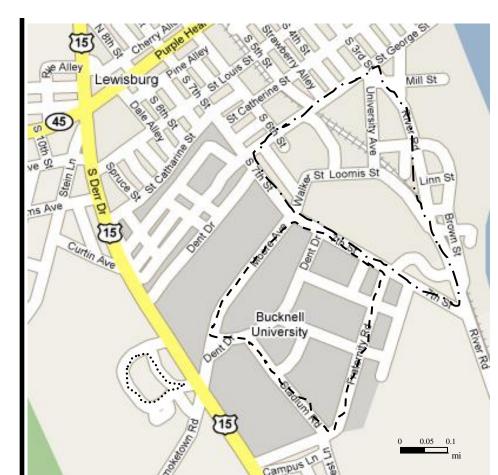
— · — River Road Loop: 1.37 mi

Here are a few routes to get you started!

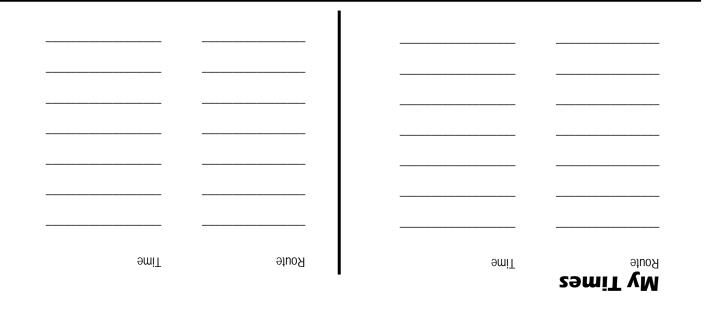
West Fields Loop: 0.45 mi

Main Campus Loop: 1.13 mi

RUNNING ROUTES







Running Tipe bliddy system: Blinnin

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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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.

Vary your training routes. This will prevent boredom and prevent your body from getting acclimated.

Run against traffic. If there are areas with no sidewalks, try to run on the brims of the roads. Be a defensive runner.