Intermediate Course

Start Point
Red pole at top of stairs
Yellow dot at the beginning of Green Line
Transition
Transition and crossover from Green Line to Red Line
End Point
At Handicap Pole
Yellow dot at the end of the Red Line

Steps
Walking: 5,000
Running: 3,300

Distance
2.0 miles

Elevation
Highest: 740 feet
Lowest: 601 feet

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Belk Gymnasium Run

• Conveniently starts and finishes outside of Belk Gym. Allows the benefit of changing clothes before and after the run while making use of the facilities.

• Maximizes safety: Only cross street twice, 26 Blue lights (one every .077 miles), minimal people using the paths (except for Student Union area).