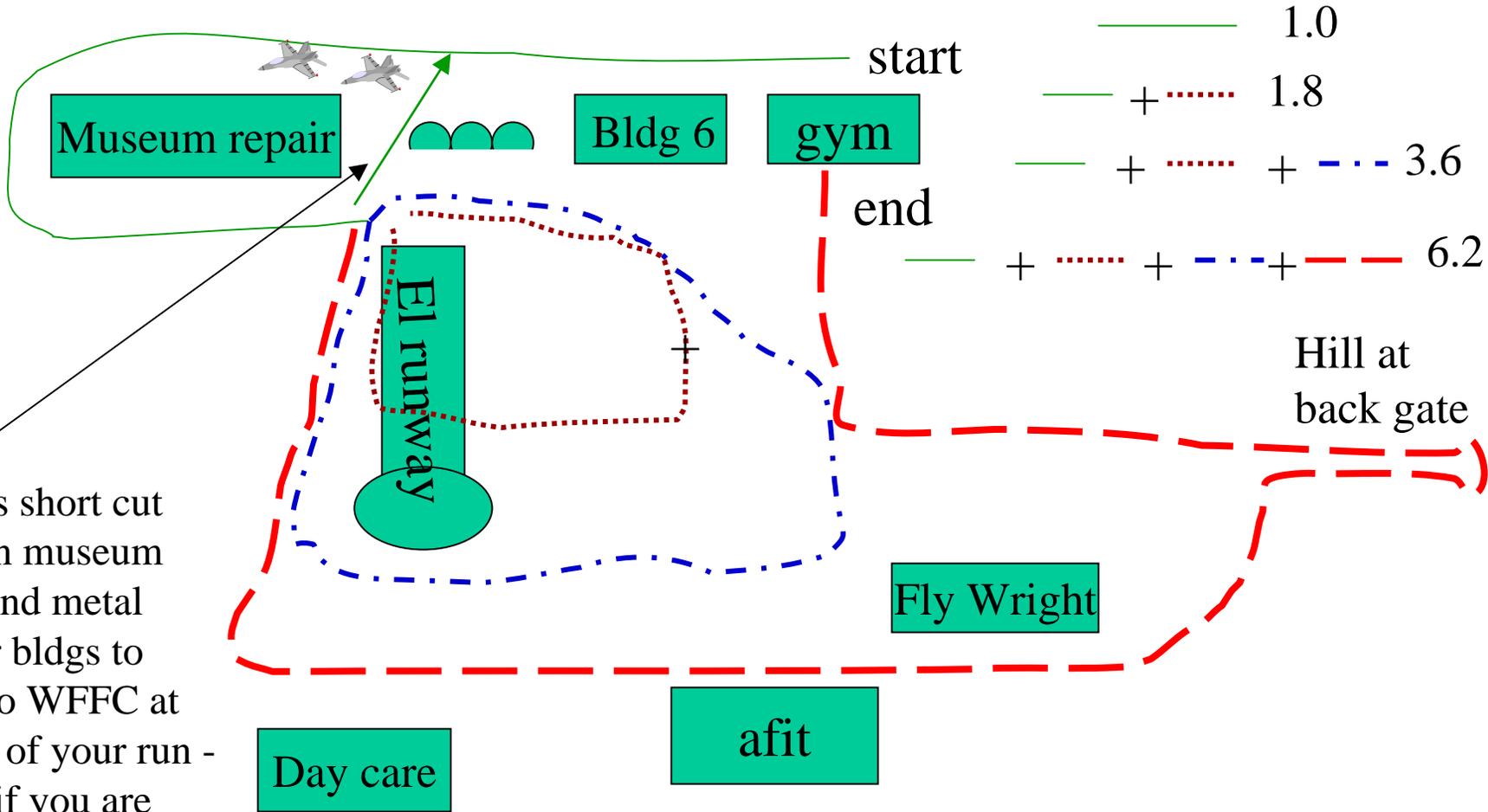


Some Run Training Loops Around the Wright Field Fitness Center

- **On the next slide are some running loops of increasing difficulty and length starting at the front of the WFFC and ending at either the front or back doors.**
- The first loop is a flat 1.0 miles – it goes from the front of the WFFC down past and around the museum repair hangars and back cutting across on the road by the three circular metal bldgs.
- The second loop combines the first loop with a short loop going up about half way up and goes across the elevated runway then joins the first loop near the 3 circular metal buildings then goes back to the gym (total distance 1.8 miles)
- The third loop starts at the end of the second loop near the circular bldgs but proceeds up the side road by the elevated runway to the top then follows the first side road until reaching the first stop sign. You take a left then run down until you take the first side road on your left. That takes you back to the elevated runway and you then run down to the metal buildings and then proceed back to the front of the gym – the combined distance here is 3.6 miles
- The final loop starts at the metal buildings at the end of the third loop and now follows up the side road to the second side road which then proceeds past AFIT on the right and later the flywright club on the left. Keep following this road until it ultimately dead ends at the closed back gate at the bottom of a steep hill near Kaufman. Then take that road straight back to the road on your right that goes right back to the gym. The total distance here for all the loops is 6.2 miles.

10 K course - if all loops are ran
and you finish at the back of
WFFC, all other loops finish in
front

**Distances of individual loops
or combined loops if taken**



Use this short cut
between museum
repair and metal
circular bldgs to
return to WFFC at
the end of your run -
except if you are
doing the final loop