1. Walk to Ferndale Exit of campus; left to Rosemont on half block to W. College Terrace
2. Begin at W. college Terrace
3. Stay to right where road forks (Freedom Drive)
4. Continue on Freedom Drive to Alley
5. Alley to 2nd Street- cross street, down steps, turn left, and follow path around lake
6. Continue around lake until steps at far end (steps are opposite Lindbergh Avenue)
7. Follow Lindbergh to Rosemont
8. Left on Rosemont to Magnolia
9. Right on Magnolia to gate at Atlantic
10. In gate to front walk of gym

If you wish to increase distance, one lap around lake = .4 mile