

CAMPUS WALKING AND JOGGING



LACE UP YOUR RUNNING SHOES

For a change of pace, why not head outside for your next cardio workout? Check the back of this flyer for running and jogging routes of varying distances that weave through and around the scenic campus of The University of Texas at Austin.



FUEL YOUR BODY

Food provides energy and helps to maintain a healthy and strong body. That's why good nutrition, along with adequate hydration, is important for everyone, especially those who engage in any type of physical activity, such as running and jogging.

NUTRITION

- ▶ For optimal energy, it's best to eat several small, balanced meals each day. These five to six meals should consist of complex carbohydrates, protein and fat. Good choices are whole grains, beans, vegetables, fruit, nuts, lean meat and low fat yogurt.
- ▶ Jump-start your metabolism with a breakfast of whole grains and fruit or fruit juice.
- ▶ Enjoy a light, healthy snack about an hour before your workout.
- ▶ Eliminate or limit your consumption of caffeine.

HYDRATION

- ▶ Be sure to drink one or two cups of water before your workout.
- ▶ While exercising, drink four to eight ounces of water every 15 minutes.
- ▶ Drink an additional eight ounces of water within 30 minutes after your workout.
- ▶ Make it a habit to drink six to eight glasses (eight ounces) each day.

SAFETY FIRST

Jogging on a road without a sidewalk or jogging path? Always face incoming traffic and remain as far off the road as possible.

Headsets can keep you entertained, but it's best to avoid them so you can hear your surroundings, such as traffic, emergency vehicles, pedestrians, cyclists and other joggers.

After sunset, be sure to wear light colored, reflective clothing to remain as visible as possible.

Use the buddy system whenever possible and be aware of your surroundings at all times.

Stay in well-lit areas and make eye contact with other pedestrians and motorists.

Always walk or jog in a single file when you're on a narrow street.







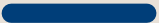

DIVISION OF RECREATIONAL SPORTS
THE UNIVERSITY OF TEXAS AT AUSTIN



www.utrecsports.org

CAMPUS RUNNING ROUTES

(all routes intended to begin at Gregory Gym at 21st & Speedway)

-  Inner Campus Drive Loop
.63 mi or 1.01 km
(Loop, mixed flat & hills, sidewalks)
-  The Stadium Loop
1.11 mi or 1.79 km
(Loop, mixed flat & hills, sidewalks)
-  Guadalupe Run
2.63 mi or 4.24 km
(Loop, mixed flat & hills, sidewalks)
-  West Campus Run
1.39 mi or 2.24 km
(Loop, mostly flat, sidewalks)
-  Hancock Golf Course Run
3.35 mi or 5.39 km
(Loop, mixed flat & hills, roads)
-  The Two+ Mile Loop
2.08 mi or 3.35 km
(Loop, mixed flat & hills, sidewalks)

