Selma Route
- Exit UC and go right on Edgar
- Take Edgar across I-44 to Jackson, turn right
- Follow Jackson around curve, it becomes Selma.
- Follow Selma to Glendale and return

2.4 miles

Big Bend/Elm Loop
- Exit UC and cross campus
- Cut through Sverdrup and cross Big Bend at stop sign (Plymouth street)
- Follow Plymouth to Lockwood, turn left
- Follow Lockwood to Elm, turn left
- Follow Elm to Big Bend, turn left
- Follow Big Bend back to campus and gym

2.5 miles

Bompart Route
- Exit UC, take Edgar to Big Bend
- Cross Big Bend and go right
- At the first street turn left onto Bompart
- Follow Bompart to Clark
- Return to gym following the same route
- Stay in all cross walks

2.5 miles

Laclede Station Route
- Exit gym, take Edgar to Big Bend, turn right
- Follow Big Bend to Laclede Station Road (Dairy Queen across the street)
- Return following the same route
- Remember to stay in crosswalks!!

2.2 miles

Schnucks Route
- Exit UC and take Edgar to Big Bend
- Go left and follow to Elm (just past Schnucks)
- Return following the same route

2 miles