


# Healthy Seminars Healthy Church Walking/Running Routes

These routes are some favorites submitted by the students, staff, and faculty of CTS.




## Short Neighborhood Loop (Starting from Library Parking Lot)


**Total: 1.53 miles**

- 


Starting in the Library parking lot, turn **left** onto Inman Dr. (toward Missionary Dr.)

0.0 mi
- 


Stay **left** to remain on Inman Dr. (Missionary Dr. joins Inman) and continue heading toward Shadowmoor Dr.

0.24 mi
- 


Turn **left** onto Avery St.

0.58 mi
- 


Slight **left** onto Kirk Rd. (heading toward Mimosa Dr.)

0.74 mi
- 

Turn **left** onto S. Columbia Dr.

1.4 mi
- 

Turn **left** onto Inman Dr.


1.49 mi
- 

Turn **left** into Library Parking Lot


1.53 mi




## “Simply Hilly” Loop (Starting from Library Parking Lot) Total: 1.54 miles (minimum)

- 


Starting in the Library parking lot, turn **left** onto Inman Dr. (toward Missionary Dr.)

0.0  
mi
- 


Stay **left** to stay on Inman Dr. (Missionary Dr. joins Inman) and continue toward Shadowmoor Dr.

0.24  
mi
- 


Turn **right** onto Avery St. (next to Winnona Park Elementary School)

0.58  
mi
- 


Turn **right** onto Hilldale St. (which is one block past Winnona Dr.)


0.76  
mi
- 

Turn **right** onto Missionary Dr.

1.22  
mi
- 

You'll end up back at Inman Dr.; stay **right** to do the loop again

1.35  
mi
- 











**Or** turn **left** on Inman Dr.
- 

Finish at CTS library parking lot

1.54  
mi
















### To Oakhurst Shopping District and Back [Start from NRH Parking Lot] Total: 3.03 mi

-  Starting in the New Residence Hall parking lot, turn **right** onto Kirk Rd. 0.0 mi
-  Turn **right** onto S. Candler St. 0.79 mi
-  Cross at the light. Turn **left** onto Green St. 0.84 mi
-  Green crosses S. McDonough and becomes Oakview Rd. 1.05 mi
-  Follow Oakview Rd. until you get to Oakhurst Shops & Restaurants 1.53 mi
-  To get back to the seminary, take Oakview Rd. back towards S. McDonough St. 2.01 mi
-  Cross S. McDonough St. and get onto Green St. (Oakview Rd. becomes Green St.) 2.09 mi
-  Cross at the light and turn **right** on Candler St. 2.17 mi
-  Turn **left** onto Kirk Rd. 2.25 mi
-  Turn **left** into the New Residence Hall parking lot 3.03 mi



### 5k Training Loop (Start from New Residence Hall Parking Lot) Total: 3.14 mi

-  Starting in the New Residence Hall parking lot, turn left onto Kirk Rd. 0.0 mi
-  Turn **left** onto S. Columbia Dr. 0.17 mi
-  Stay on S. Columbia Dr. (heading toward Inman Dr.) 0.27 mi
-  Turn **left** onto E. College Ave. 1.04 mi
-  Stay on E. College Ave. (heading toward Avery St.) 1.09 mi
-  Turn **left** onto Adams St. 1.63 mi
-  Stay on Adams St. (heading toward Ansley St.) 1.68 mi
-  Turn **left** onto W. Davis St. 2.03 mi
-  Stay on E. Davis St. (heading toward College Pl.) 2.18 mi
-  Turn **right** onto S. Candler St. 2.35 mi
-  Turn **left** onto Kirk Rd. 2.49 mi
-  Stay on Kirk Rd. (heading toward Mimosa Dr.) 2.55 mi
-  Turn **left** into NRH parking lot 3.14 mi