Design Your Run

Just because you need to rest or heal doesn't mean you have to stop thinking about running! In this adventure, you will map out a local running route that addresses the priorities you designate.

Start by determining the approximate length of the run or loop.

As you create the plan, consider the following. Write one or two thoughtful sentences for each item. Be sure to include detail and explanation to support your route design decisions.

- Have you considered the safety of the route?
    - Think about sidewalks, illumination, access to help, start/stop location(s), water availability
- What local plans or paths are already in place?
- What time of day makes sense for this route? When might it be problematic?
- What are the traffic patterns along the route? Is there anything special to keep in mind about directionality?
- Do the number/intensity of hills make sense in terms of the kind of workout you want this route to deliver?
- What options are available in case of weather issues?
- Where might there be segments to track "best of" records or have sprint bursts or race-pace legs?
- Are there characteristics or features of this route that might help you give it a name?

Provide the details of your map in two formats:

- **Narrative:** explain the route as though you are giving directions to someone from out of town. Use street names and landmarks.
- **Visual:** present the route in map format at a level of mile:inch ratio that makes sense; include annotation to support the usefulness of the map