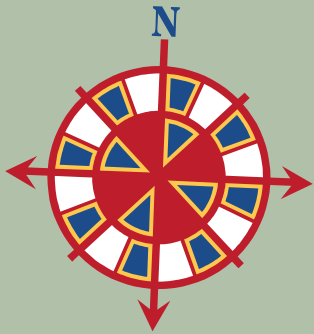


# MACDILL AFB RUNNING ROUTES



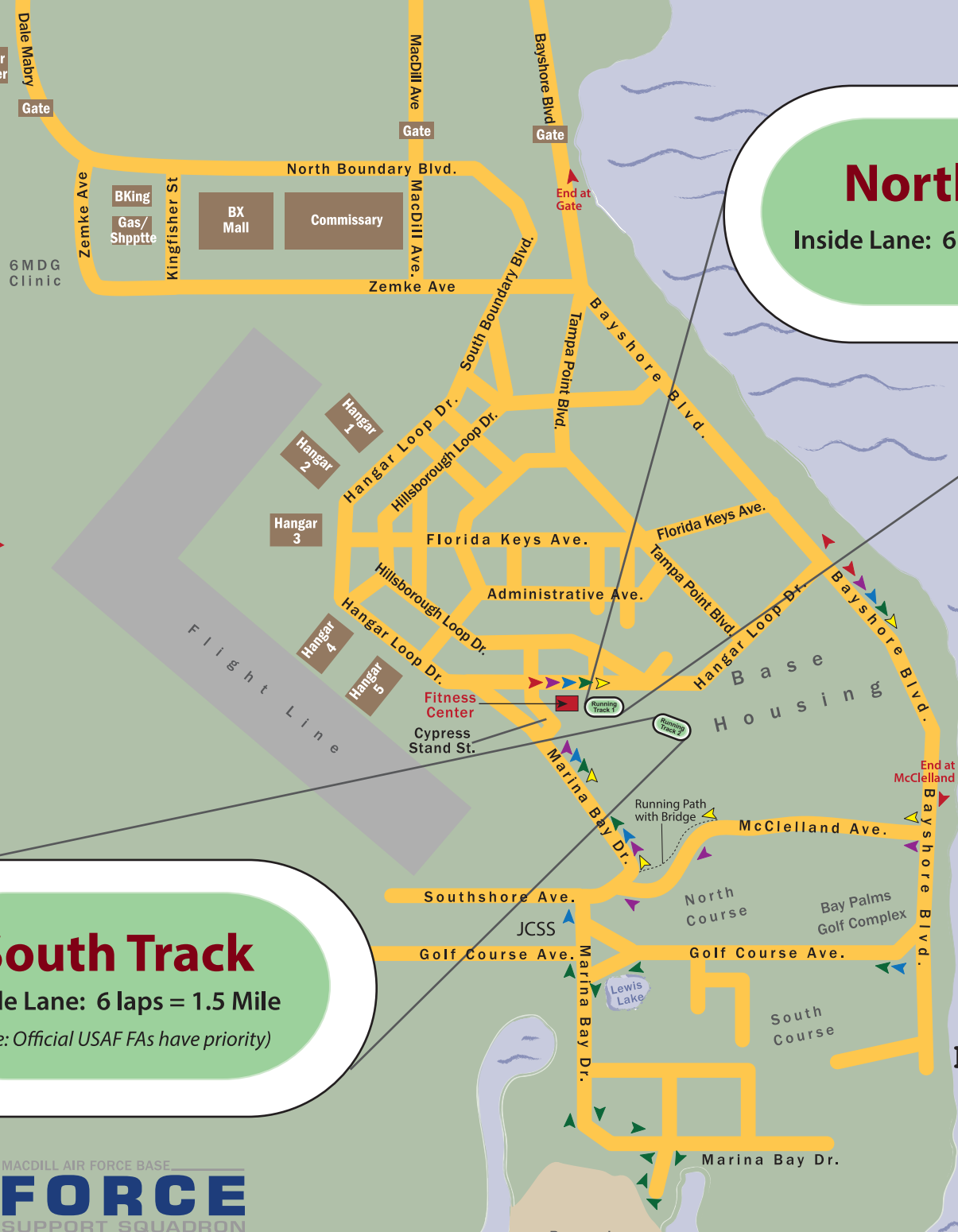
Skeet Range

## South Track

Inside Lane: 6 laps = 1.5 Mile  
*(Note: Official USAF FAs have priority)*

## North Track

Inside Lane: 6 3/4 laps = 1.5 Mile



Start for all runs

Finish for 1.5 m run

Finish for 3 m walk (13.5 laps)

### Running Routes:

*All routes start from the Fitness Center; all measured in miles.*

**1.5 m Out (Out & Back 3 m)** ▶▶▶

- Route A (1.5 m): R on Hangar Lp, L on Bayshore, end at gate
- **OR:** R on Hangar Loop, R on Bayshore, end at McClelland
- Route B (3 m): Choose one the above routes and return to Fitness Center

**3.2 m (Roundtrip)** ▶▶▶

- R on Hangar Loop, R on Bayshore, R on McClelland, R on Marina Bay, R on Cypress Stand, end at Fitness Center

**3.15 m (Roundtrip)** ▶▶▶

- R on Hangar Loop, R on Bayshore, R on McClelland, Merge onto offroad running path (through woods and over a bridge), R on Marina Bay, R on Cypress Stand, end at Fitness Center

**4.1 m (Roundtrip)** ▶▶▶

- R on Hangar Loop, R on Bayshore, R on Golf Course Ave, R on Marina Bay, R on Cypress Stand, end at Fitness Center

**5.7 m (Roundtrip)** ▶▶▶

- R on Hangar Loop, R on Bayshore, R on Golf Course Ave, L on Marina Bay to Marina parking lot, back North on Marina Bay Dr, R on Cypress Stand, end at Fitness Center

## SHORT FITNESSCENTER

MACDILL AFB FL

8115 Cypress Stand St.  
(Bldg. 303)  
*Located between Hangar Loop Dr  
and Marina Bay Dr*

**813-828-4496**

Rev 26 Feb 18

