

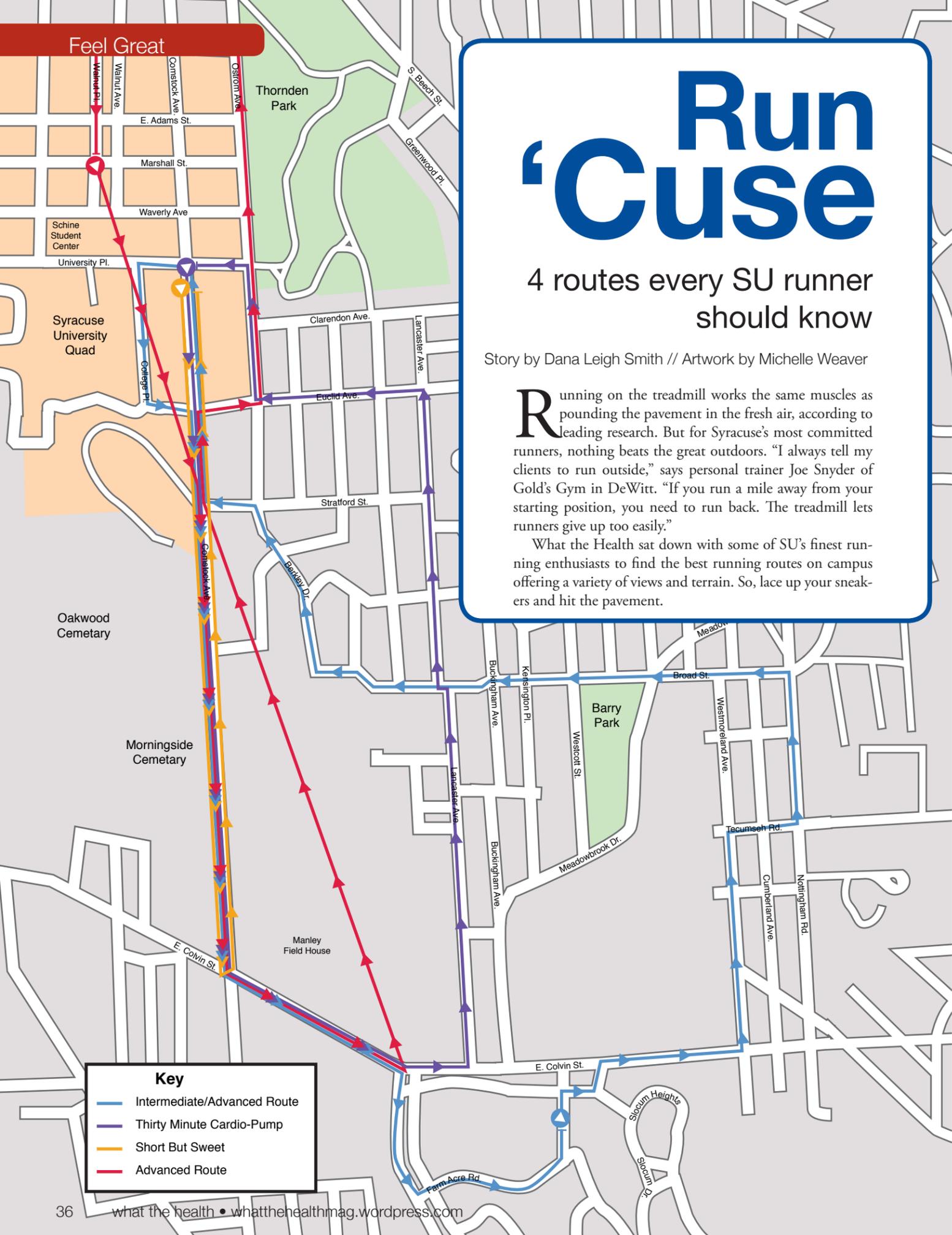
'Cause Run

4 routes every SU runner should know

Story by Dana Leigh Smith // Artwork by Michelle Weaver

Running on the treadmill works the same muscles as pounding the pavement in the fresh air, according to leading research. But for Syracuse's most committed runners, nothing beats the great outdoors. "I always tell my clients to run outside," says personal trainer Joe Snyder of Gold's Gym in DeWitt. "If you run a mile away from your starting position, you need to run back. The treadmill lets runners give up too easily."

What the Health sat down with some of SU's finest running enthusiasts to find the best running routes on campus offering a variety of views and terrain. So, lace up your sneakers and hit the pavement.



Key

- Intermediate/Advanced Route
- Thirty Minute Cardio-Pump
- Short But Sweet
- Advanced Route

INTERMEDIATE/ADVANCED ROUTE

Distance: 4.49 miles
Hill Factor: Flat with a few moderate hills
Terrain: Pavement
Calories Burned: 562, based on a nine-minute mile for a 5'10", 160lb 20-year-old male
Recommended By: Thomas Hall, finance and marketing major (running for four years, three days a week)
Route Review: "I like that this trail is half on campus and half off campus. There is light traffic and it's easy to cross the road. You can see parks and things other than just the Syracuse campus. It's also entertaining because I get to see people around while I run."

30 MINUTE CARDIO-PUMP

Distance: 3.04 miles
Hill Factor: Flat with a few moderate hills
Terrain: Pavement
Calories Burned: 304, based on a nine-minute mile for a 5'5", 135lb 20-year-old female
Recommended By: Katie Hursey, physical education major, Northeast Reign 2009 Athlete of the year, SU Cross Country and Track (running for six years, seven days a week)
Route Review: "I like this route because of the convenience of it. There's not very much traffic, there's a big shoulder along the road, and it's the perfect distance."

SHORT BUT SWEET

Distance: 2.04 miles
Hill Factor: Mostly flat with a few gentle inclines
Terrain: Pavement
Calories Burned: 205, based on a nine-minute mile for a 5'5", 135lb 20-year-old female
Recommended By: Katherine Salisbury, magazine journalism and sociology major (running for six years, five days a week)
Route Review: "This route is great because you don't have to cross the street except for once. I feel really safe running this route, but I wouldn't recommend running it at night."

ADVANCED ROUTE

Distance: 3.56 miles with additional miles on track, varies from runner to runner
Hill Factor: Several large hills and gentle inclines
Terrain: Pavement and track
Calories Burned: 445+, based on a nine-minute mile for a 5'10", 160lb 20-year-old male
Recommended By: Jeffrey Roggin, history major (running for eight years, two days a week)
Route Review: "I like the route because it has a little of everything. It has hills but also flat areas where you can sprint and go fast. It's scenic... You go by [Thornden] Park."

Safety First

Outdoor running poses dangerous concerns, that gym-goers should avoid, such as traffic, darkness, and weather. Chris Fox, head track and cross-country coach at Syracuse University, recommends the following safety tips, which he uses to keep his team up and running.

LIGHT THE NIGHT

Some people have to run at night due to busy schedules, but it gets dark early in the winter. Most running clothing and shoes have reflective features built in, so try to look for those items when shopping for athletic wear.

DRESS FOR SUCCESS

Wear multiple layers of clothing to face bitter Syracuse temperatures. "Dressing for 15 to 20 degrees warmer than it will allow for your body temperature to increase and reduce the risk of overheating and excessive sweat," says Coach Jenny Hadfield, the co-author of "Marathoning for Mortals." You should feel slightly chilly when you walk out the door, Hadfield says. "Less is more."

BE AWARE

Avoid using an iPod or listening to music when running anywhere near cars. Save the music for running around a park or a track.

BUDDY UP

Run with a friend, especially if you're running after dark or in an unfamiliar neighborhood. If you must go alone, always make sure you let someone else know where you're running and when you are coming back. Ask them to come looking for you if you don't return soon after your allotted time.