The race begins just north of the Hannah Administration building. Runners will head south and cross the Red Cedar River, then turn West to follow the trail along the river. At the Kalamazoo/Chestnut intersection- near Sparty- runners will cross the road and head south along the east side of the Dem field. Continue south past the east side of Munn, take the sidewalk that curves to the west and go south of Munn Ice arena. Follow the curving sidewalk back to the north- run to the west of the small grove of pine trees. Cross Kalamazoo St. near Jenison and run up the roadway and cross the bridge to the back entrance of the Kellogg parking ramp- turn north, to the next bridge and turn east, crossing back over the Red Cedar. Run east between Jenison and and the ball diamonds and soccer fields, cross Kalamazoo street, north of Sparty, and turn north, cross the river again, then turn southeast to follow the river. When you get back to the bridge near the Hannah Administration building- go south (crossing this bridge a 2nd time) and then turn east to follow the river trail toward Farm Lane. Cross Farm and head SE, then east to run along N Shaw Lane, just south of Shaw Hall. Take the curving sidewalk to the north near Bogue Street- go north, crossing the river one last time. Run west on the sidewalk that goes behind the MSU Chapel and the Art Building. Go under the bridge at Farm Lane, continue west until you return to the sidewalk just east of the Admin building. Turn north and return to start/finish line.