

- **RUNS** (note location of start and finish) - Haverford Cross Country
- **Created by Nicholas Simonson**

---“Adventure Run”, Original (**3.7 miles**):

<http://www.gmap-pedometer.com/?r=5209846>

---Argyle (**3.8 miles**):

<http://www.gmap-pedometer.com/?r=5145549>

Argyle, Extended* (**4.2 miles**):

<http://www.gmap-pedometer.com/?r=5209849>

*Also see “Manargyle”

---Bond (Nick Simonson/Woo Kim Memorial Run) (**6.6 miles**):

<http://www.gmap-pedometer.com/?r=5209763>

Bond, Short (**5.8 miles**):

<http://www.gmap-pedometer.com/?r=5219400>

---Brookline (“Weight-man’s Walk”) (to and from track) (**1.9 miles**):

<http://www.gmap-pedometer.com/?r=5206161>

Brookline (“Weight-man’s Walk”) (to and from school) (**1.6 miles**):

<http://www.gmap-pedometer.com/?r=5206168>

---Bus Route, Short (for speedwork) (**1.7 miles**):

<http://www.gmap-pedometer.com/?r=5141054>

Bus Route, Long (**3.5 miles**):

<http://www.gmap-pedometer.com/?r=5143160>

Quarter Repeats (up to crosswalk and back) (**.5 miles each**):

<http://www.gmap-pedometer.com/?r=5143150>

Downhill Repeats (to creek and back) (**.3 miles each**):

<http://www.gmap-pedometer.com/?r=5143155>

Quarter Repeats (on Long Bus Route) (**.5 miles each**):

<http://www.gmap-pedometer.com/?r=5143169>

Bus Route, Extended (**4.6 miles**):

<http://www.gmap-pedometer.com/?r=5219394>

---Chatham Park (there and back) (**1.7 miles**):

<http://www.gmap-pedometer.com/?r=5140160>

Regular Speed Loop (**.75 miles each**):

<http://www.gmap-pedometer.com/?r=5140164>

Douglas Schmidt Mile Loop (**1 mile each**):

<http://www.gmap-pedometer.com/?r=5140174>

---Cherry Lane (**6.6 miles**):

<http://www.gmap-pedometer.com/?r=5206159>

---Cobbs Creek Golf Course (**6.4 miles**):

<http://www.gmap-pedometer.com/?r=5209818>

Cobbs Creek Golf Course, Extended (**8.5 miles**):

<http://www.gmap-pedometer.com/?r=5209829>

---Coopertown, Short (**4.6 miles**):

<http://www.gmap-pedometer.com/?r=5209767>

Coopertown (**5.4 miles**):

<http://www.gmap-pedometer.com/?r=5209768>

Coopertown, Long (**6.2 miles**):

<http://www.gmap-pedometer.com/?r=5209769>

---Cricket (**4.5 miles**)

<http://www.gmap-pedometer.com/?r=6134349>

---Darby Creek (Scott Walton Run) (**5.7 miles**):

<http://www.gmap-pedometer.com/?r=5138543>

Extended Darby Creek (**8.2 miles**):

<http://www.gmap-pedometer.com/?r=5208771>

---Ellis (**4.4 miles**):

<http://www.gmap-pedometer.com/?r=5208800>

Ellis, Short (**3.1 miles**):

<http://www.gmap-pedometer.com/?r=5140139>

---Fairview (Rob Keehn Loop) (**5.6 miles**):

<http://www.gmap-pedometer.com/?r=5209832>

---Grays Lane (**7 miles**):

<http://www.gmap-pedometer.com/?r=5209837>

---Haverford (**4.2 miles**):

<http://www.gmap-pedometer.com/?r=5219397>

---Haverford College (there and back) (**3.9 miles**):

<http://www.gmap-pedometer.com/?r=5147170>

Regular Loop (**2.2 miles each**):

<http://www.gmap-pedometer.com/?r=5147252>

Half Loop (counterclockwise) (**1.8 miles**):

<http://www.gmap-pedometer.com/?r=5147272>

Half Loop (clockwise) (**1.3 miles**):

<http://www.gmap-pedometer.com/?r=5147278>

Haverford College Grass Loop (**.4 miles extra plus 1 mile each**):

<http://www.gmap-pedometer.com/?r=5206156>

---Haverford Reserve (with or without (much) trails) (**6.5 miles**):

<http://www.gmap-pedometer.com/?r=5209774>

Haverford Reserve, Super-extended (Jeff Mogavero Trail Run) (**8.5 miles**):

<http://www.gmap-pedometer.com/?r=5209810>

---Lower Merion (there and back) (**5 miles**):
<http://www.gmap-pedometer.com/?r=5209871>

Lower Merion (alternate version) (**5.4 miles**):
<http://www.gmap-pedometer.com/?r=5209875>

--Manargyle (**5.0 miles**):
<http://www.gmap-pedometer.com/?r=6232314>

---Morning Loop (**3.8 miles**):
<http://www.gmap-pedometer.com/?r=5208779>

---Narberth (**6.8 miles**):
<http://www.gmap-pedometer.com/?r=5145579>

Narberth, Tudor House Extension (**7.2 miles**):
<http://www.gmap-pedometer.com/?r=5140180>

---Night Loop (**7.4 miles**):
<http://www.gmap-pedometer.com/?r=6134418>

---Powder Mill (**3.3 miles**):
<http://www.gmap-pedometer.com/?r=5208802>

Powder Mill, Short (there and back) (**2.8 miles**):
<http://www.gmap-pedometer.com/?r=5208812>

Powder Mill, Farwood Extension (**4.3 miles**):
<http://www.gmap-pedometer.com/?r=5209747>

Power Mill, Chatham Extension (**4.6 miles**):
<http://www.gmap-pedometer.com/?r=5209754>

Powder Mill. Farwood and Chatham Extensions (**5.6 miles**):
<http://www.gmap-pedometer.com/?r=5209751>

Powder Mill Hill Repeats (**1 mile each**):
<http://www.gmap-pedometer.com/?r=5208805>

Powder Mill Park Repeats (**.25 miles each**):
<http://www.gmap-pedometer.com/?r=5208809>

---Old Gulph 10 (**10 miles**):
<http://www.gmap-pedometer.com/?r=5204004>

---Railroad (**7 miles**):
<http://www.gmap-pedometer.com/?r=5209885>

---Schuylkill Run, Jeff Mogavero Version (**13.5 miles**):
<http://www.gmap-pedometer.com/?r=5219366>

Schuylkill Run, Nick Simonson Version (**15.4 miles**):
<http://www.gmap-pedometer.com/?r=5219404>

---Spring (**3.2 miles**):
<http://www.gmap-pedometer.com/?r=5145533>

South Ardmore Park 800 Repeats (**.5 miles each**):

<http://www.gmap-pedometer.com/?r=5145562>

South Ardmore Park Mile Repeats (**1 mile each**):

<http://www.gmap-pedometer.com/?r=5145565>

---“Sprinter’s Haven” (Manoa) (to and from track) (**2.3 Miles**):

<http://www.gmap-pedometer.com/?r=5140153>

“Sprinter’s Haven” (Manoa) (to and from school) (**2 miles**):

<http://www.gmap-pedometer.com/?r=5208753>

---Steel (**4.3 miles**):

<http://www.gmap-pedometer.com/?r=5140190>

Steel, Short (**3.9 miles**):

<http://www.gmap-pedometer.com/?r=5219411>

Steel, Extended (**6.5 miles**):

<http://www.gmap-pedometer.com/?r=5210854>

---Tudor Houses (**6.1 miles**):

<http://www.gmap-pedometer.com/?r=5145591>

---Wiltshire, Short (**6 miles**):

<http://www.gmap-pedometer.com/?r=5210850>

Wiltshire (**8 miles**):

<http://www.gmap-pedometer.com/?r=5210851>

Wiltshire, Extended (**13.6 miles**):

<http://www.gmap-pedometer.com/?r=5209863>

---Yorkshire (**11.3 miles**):

<http://www.gmap-pedometer.com/?r=5223124>

NOTE: All runs (unless otherwise stated) start and finish at the track.

When running from and/or finishing at the high school instead of the track, keep in mind:

-Runs that leave down Mill Road (or finish up Mill Road) are .2 miles shorter than listed if you start or finish at the high school, .4 miles shorter if you do both.

-Runs that leave up Darby Road (or finish down Darby Road) are .2 miles longer than listed if you start or finish at the school, .4 miles longer if you do both.

EXAMPLES: Argyle is 3.8 miles when started and finished at the track, but only 3.6 miles if you stop at the high school.

Darby Creek is 5.7 miles when started and finished at the track, but is 6.1 when you start at the school and finish via Golf Road.