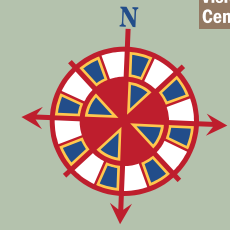


MacDill AFB RUNNING ROUTES



Short Fitness Center
8115 Cypress Stand St. (Bldg. 303)
Located between Hangar Loop Dr and Marina Bay Dr.
(813) 828-4493

Start

North Track
Inside Lane: 6 3/4 laps = 1.5 Miles

1.5 Mile Finish

3 Mile Finish
13.5 Laps

South Track
Inside Lane: 6 laps = 1.5 Miles
(Note: Official USAF FAs have priority)

Revised 7 November 2023



SHORT FITNESS CENTER MACDILL AFB FL

3K/5K Fun Run Routes

Both routes start near the Short Fitness Center Pavillion/South Running Track.

3K (Out & Back)
Run towards Cypress Stand, L on Marina Bay Drive, follow the paved trail, Turn around at McClelland Ave., Finish at the Parking lot

5K (Out & Back)
Run towards Cypress Stand, L on Marina Bay Drive, follow the paved trail, go past McClelland Ave., past SouthShore Drive, veer L on Golf Course Ave., Turn around at Chinook Drive (Near FamCamp Annex), Finish at the Parking lot

Running Routes:
All routes start from the Fitness Center; all measured in miles.

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

3.2m (Roundtrip) ▶ ▶ ▶
R on Hangar Loop, R on Bayshore, R on McClelland, R on Marina Bay, R on Cypress Stand, end at Fitness Center

3.15m (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

4.1m (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

5.7m (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

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SUPPORT SQUADRON
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