

THE DEFINITIVE ROO - BEA\$T RUNNING ROUTE BOOK

EST. 2015
NATE KOLACIA '16

REVISED 2023
ANDY CHESTOVICH '26

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Rowekamp Loop: 1.22 miles
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Raphel Loop: 1.95 miles
Greenberg: 1.99 miles

Two to Four Miles:

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Earnhardt Shortcut: 2.38 miles
High School: 2.50 miles
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Pumps: 3.04 miles
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Eight to Ten Miles:

Think Positive: 8.0 miles
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Charlie's: 8.14 miles
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Red Herring 6: 8.34 miles
East Out and Back: 8.37 miles
Northeast 8: 8.51 miles
Stairway to Heaven: 8.72 miles
Twincest: 9.04 miles
North-East^2: 9.31 miles
Weinberg (Dead Teenagers): 9.9 miles

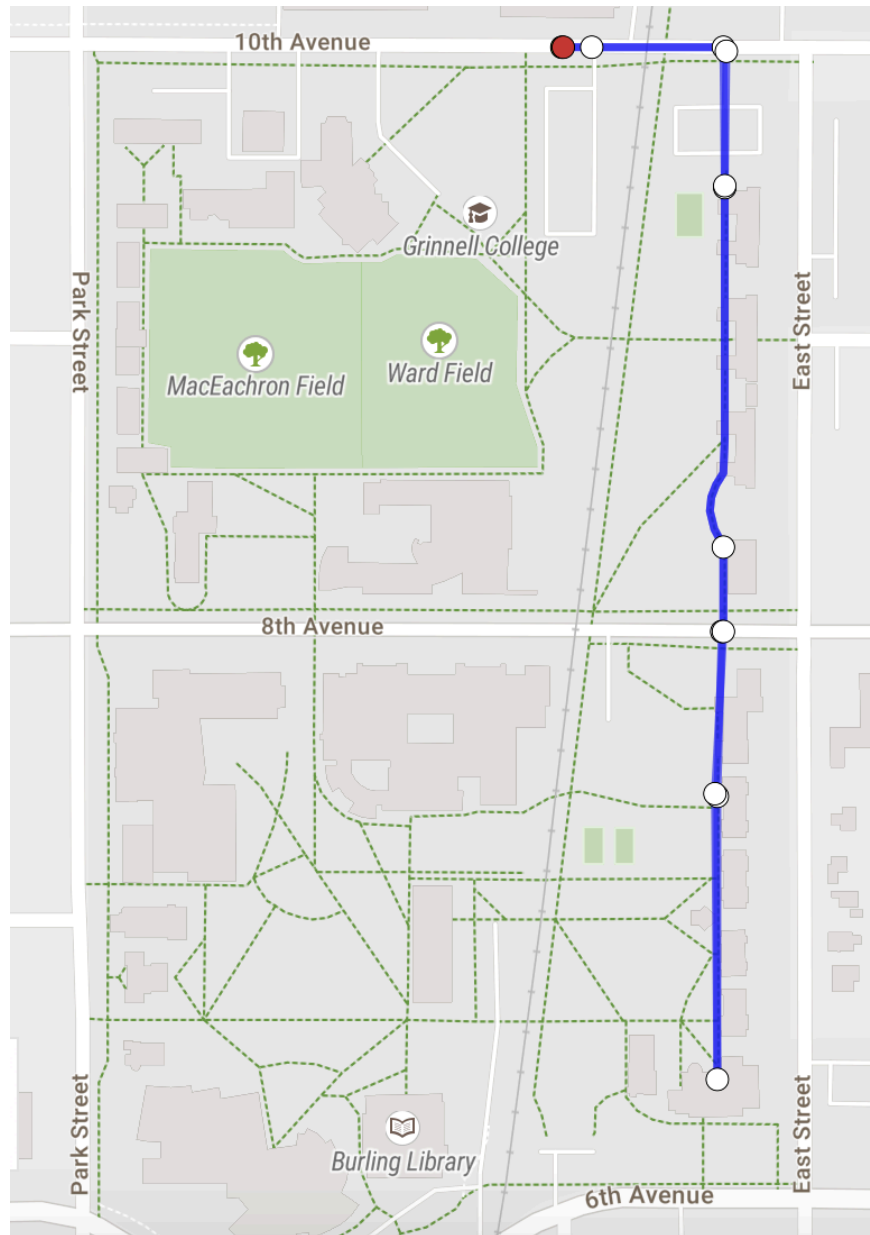
Ten to Twelve Miles:

Think Positive 10: 10.02 miles
Apocalypse/Grange House: 10.04 miles
Impound: 10.16 miles
Twincest: 10.25 miles
T38: 10.28 miles
Elysium: 11.37 miles

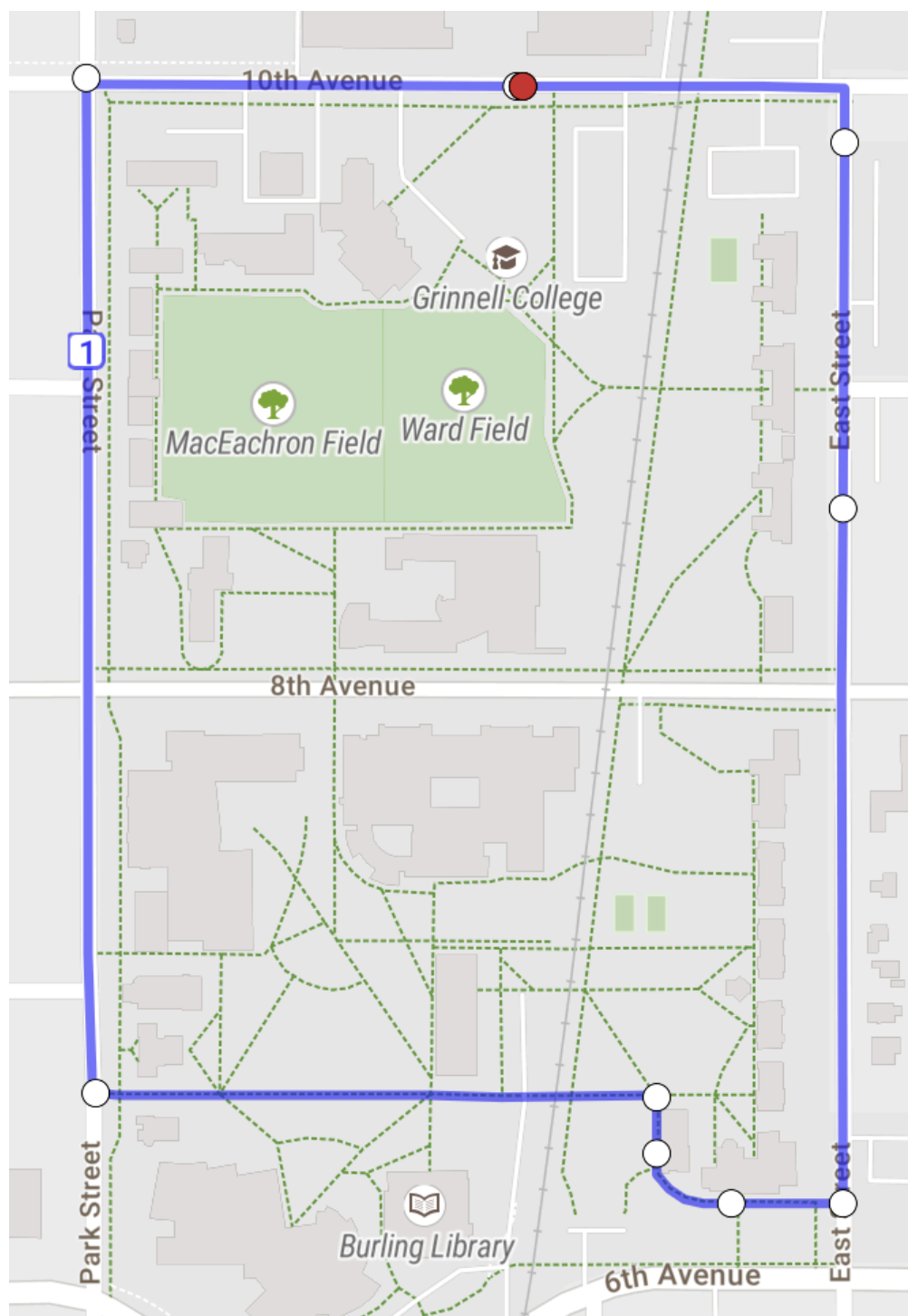
Twelve and Up:

Bunny Trax: 12.3 miles
Westfield: 12.63 miles
Little Sack: 13.24 miles
The Barren: 13.26 miles
Candy Mountain: 13.48 miles
Rock Creek Out and Back: 13.58 miles
Genesis 13: 13.87 miles
Krumm and Go: 14.16 miles
Preus: 14.55 miles
Big Sack: 15.27 miles
Oh \$h*t!: 15.27 miles
Slow Boof: 17.85 miles

(Nearly) Windless Out and Back: .83 miles

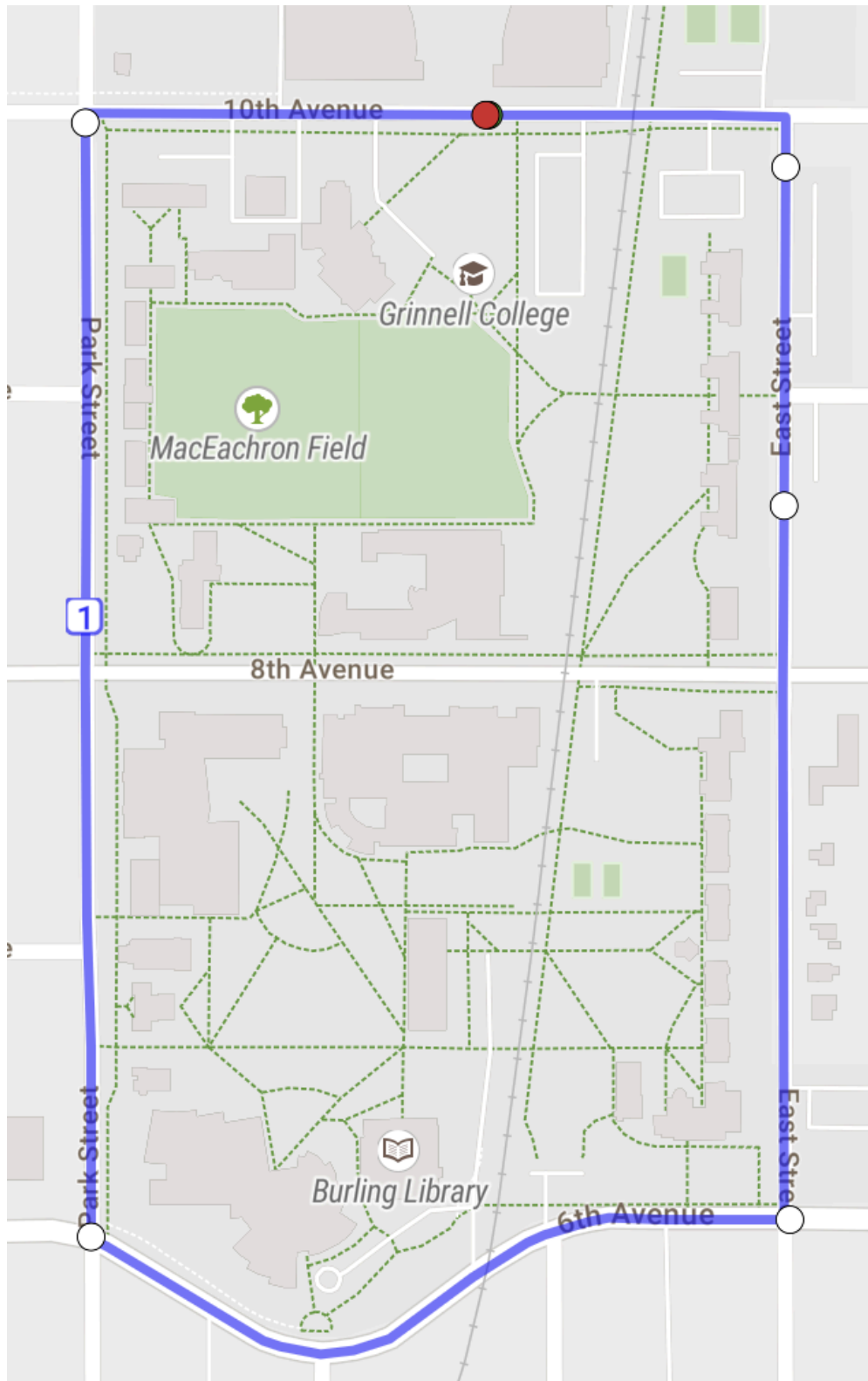


Campus Loop: 1.24 miles

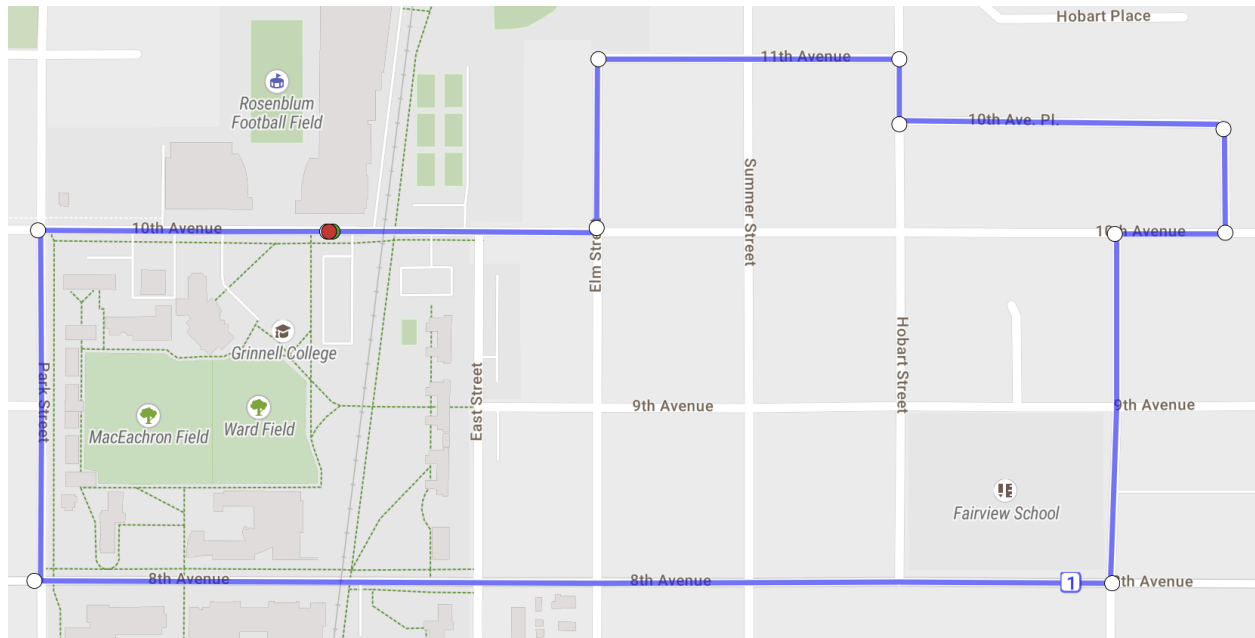


Other Iteration: Rowekamp Loop: 1.22 miles (Loggia)

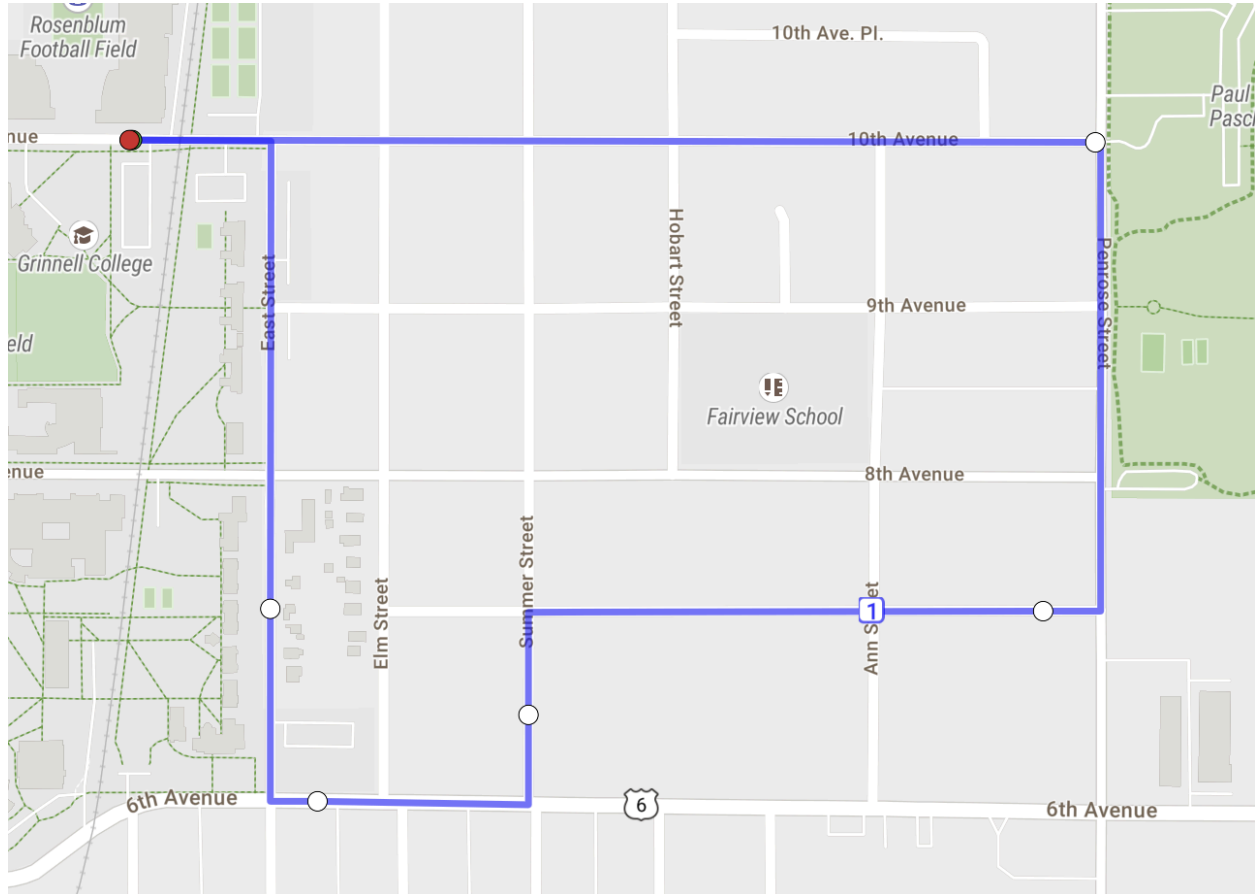
Extended Campus Loop: 1.32 miles



Raphel Loop: 1.95 miles



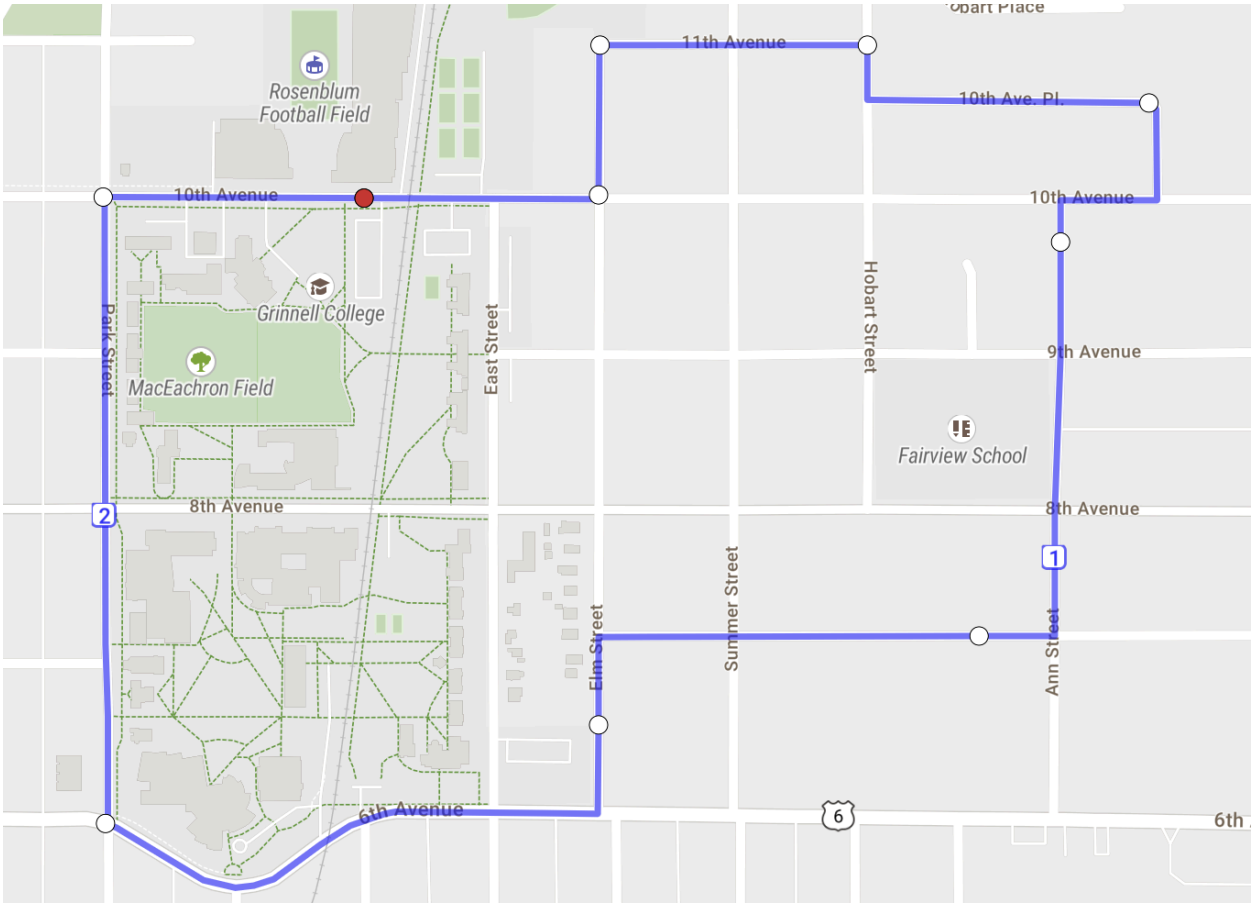
Greenberg: 1.99 miles



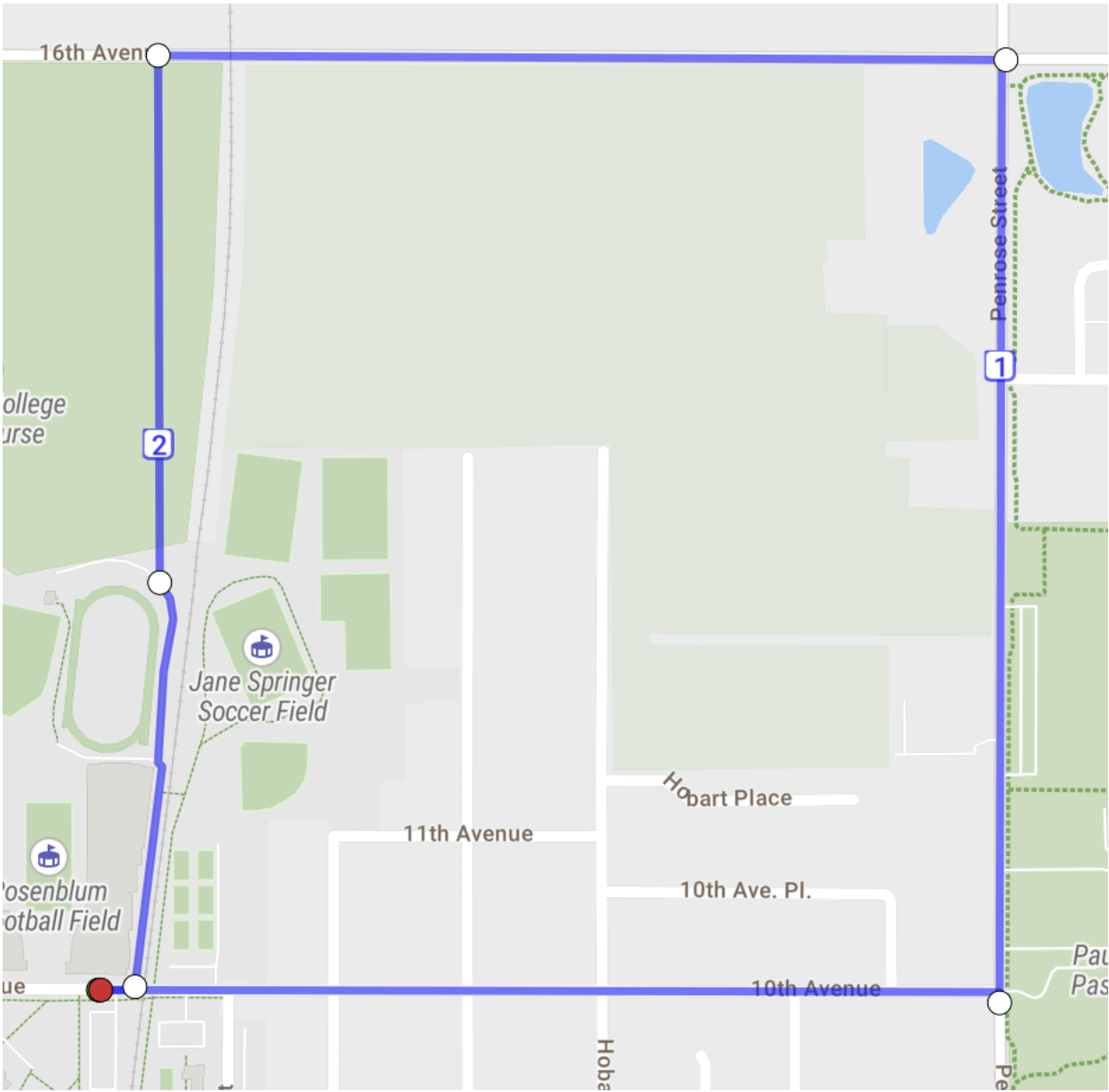
Bridge Loop: 2.1 miles



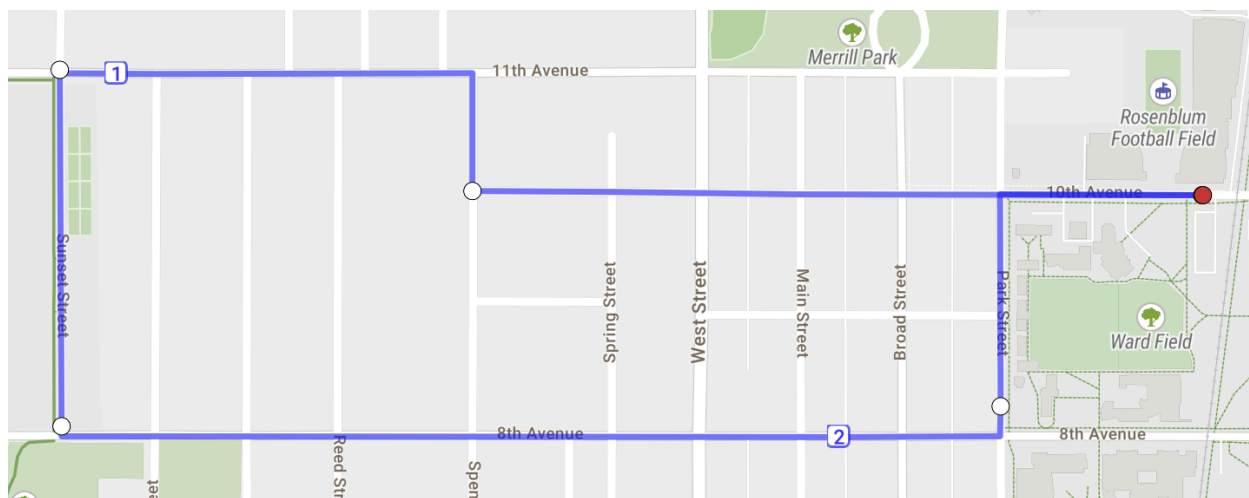
Raphel-Campo Loop: 2.37 miles



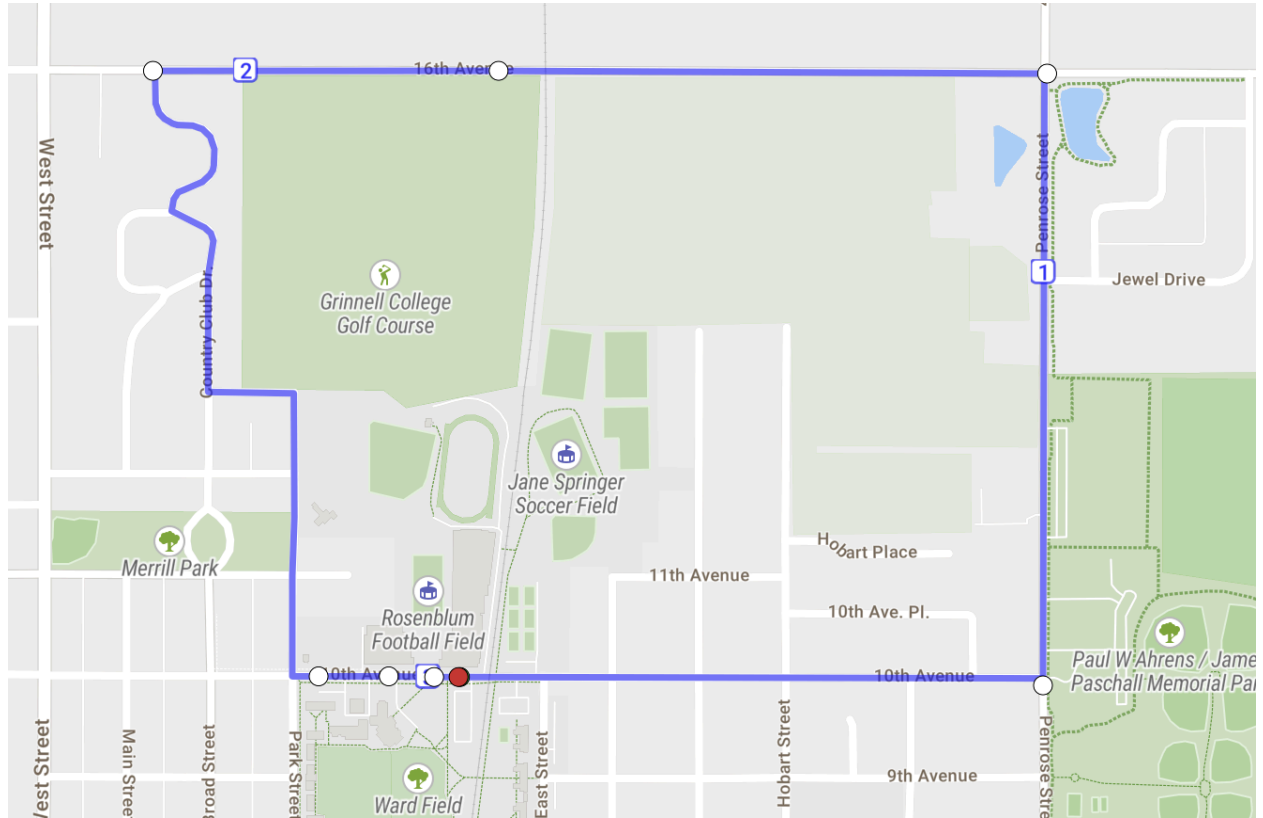
Earnhardt Shortcut: 2.38 miles



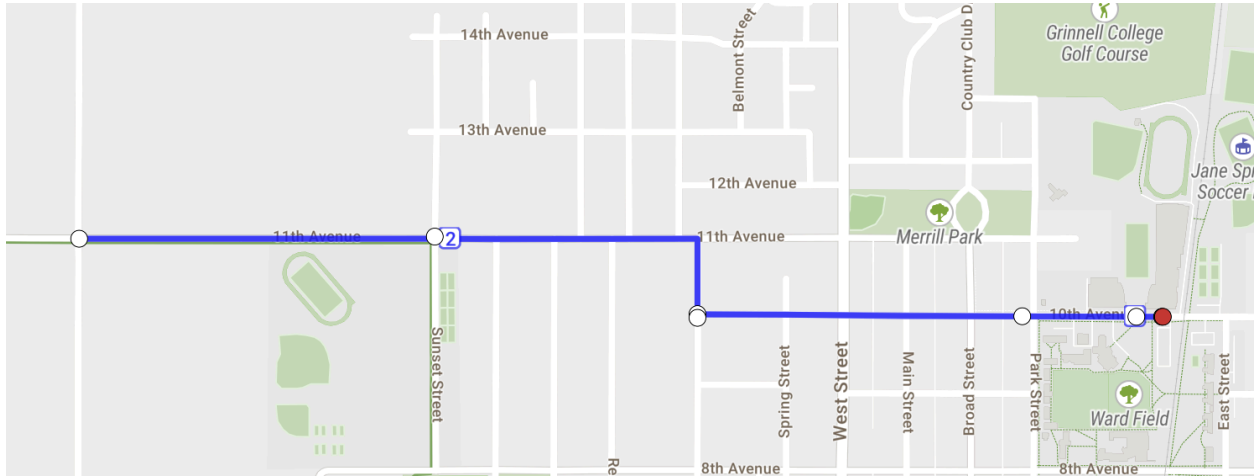
High School: 2.50 miles



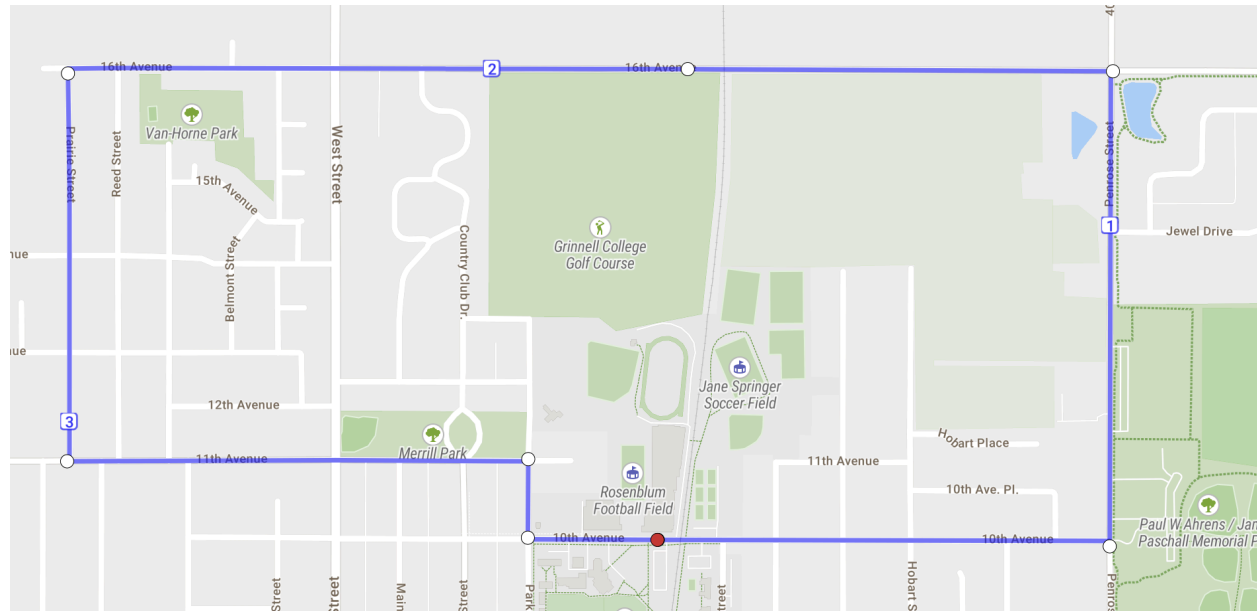
Earnhardt: 3.00 miles



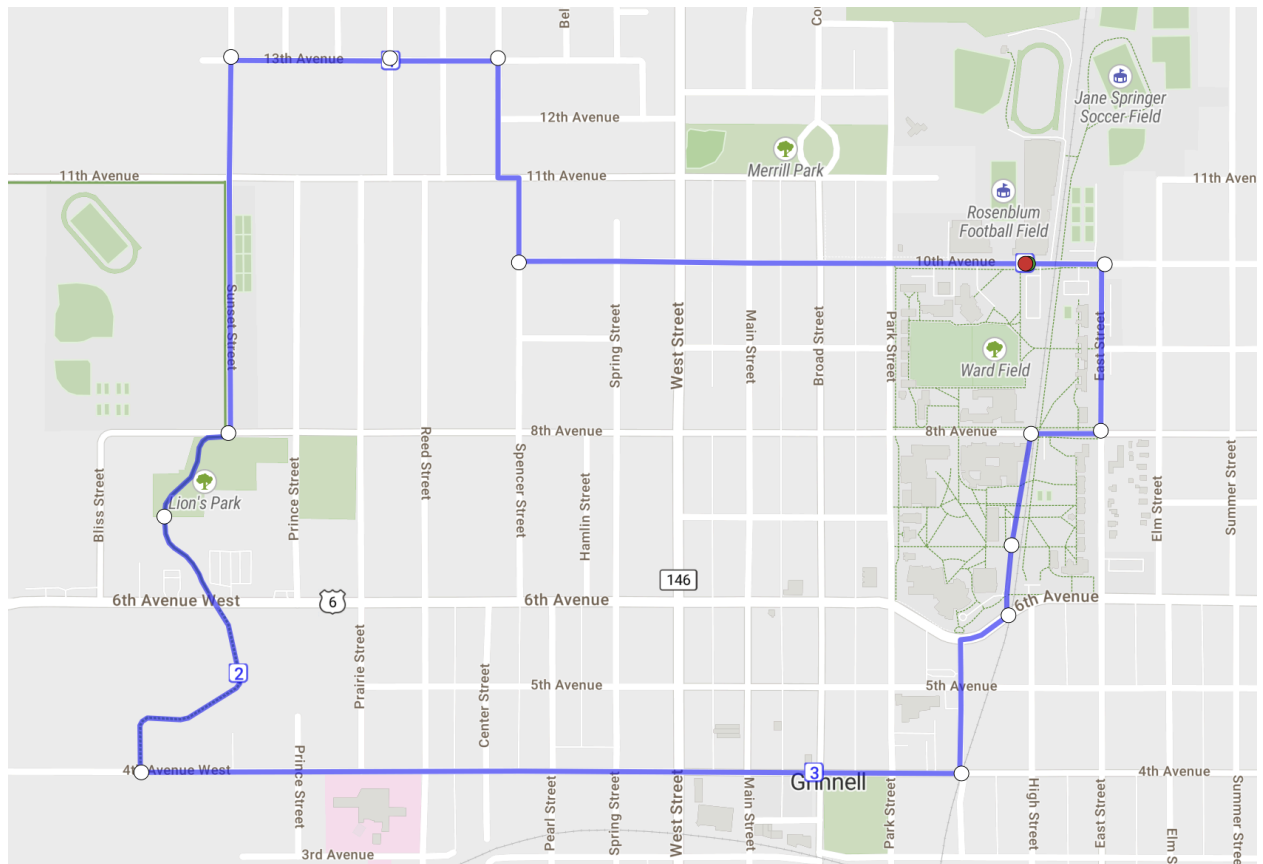
Pumps: 3.04 miles



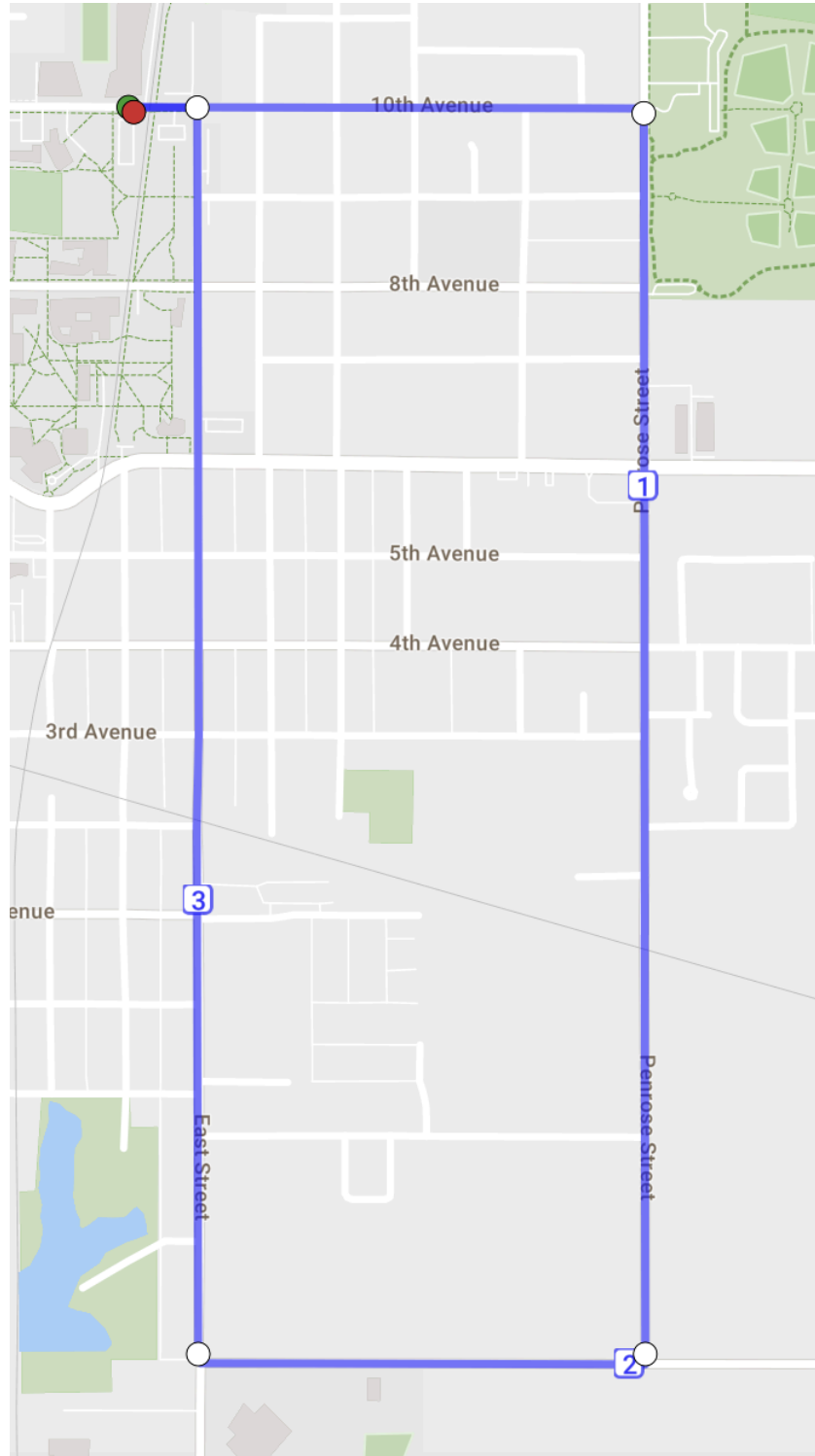
Penn 4: 3.92 miles



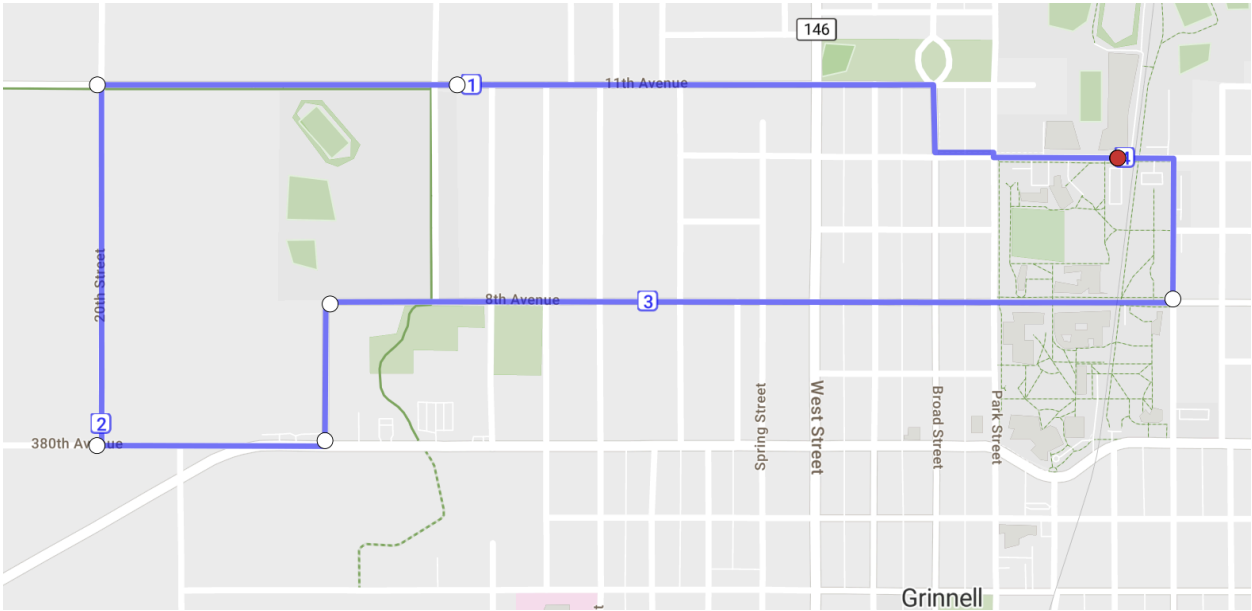
MeANDYering: 4.00 miles



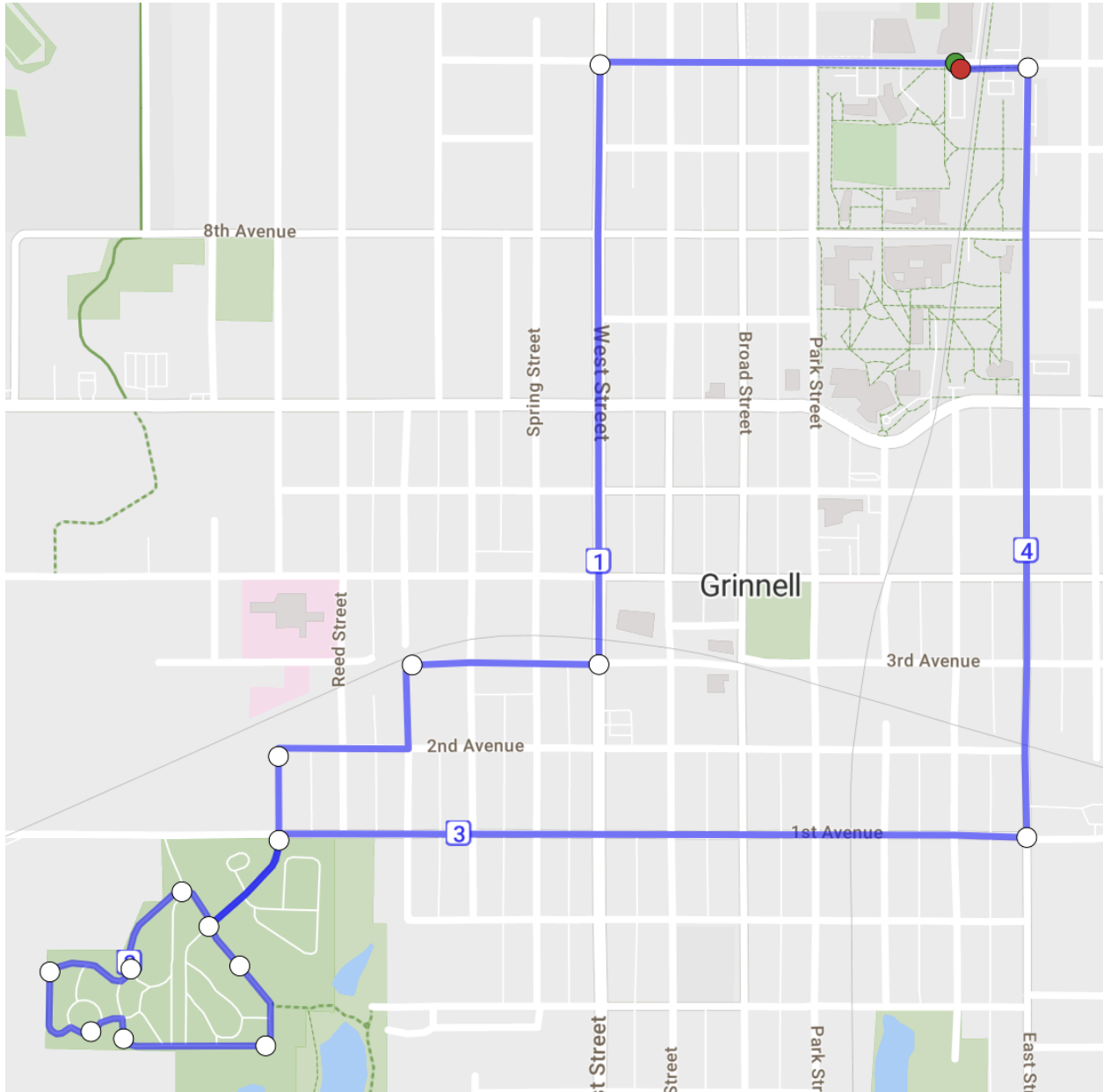
Middle School: 4.00 miles



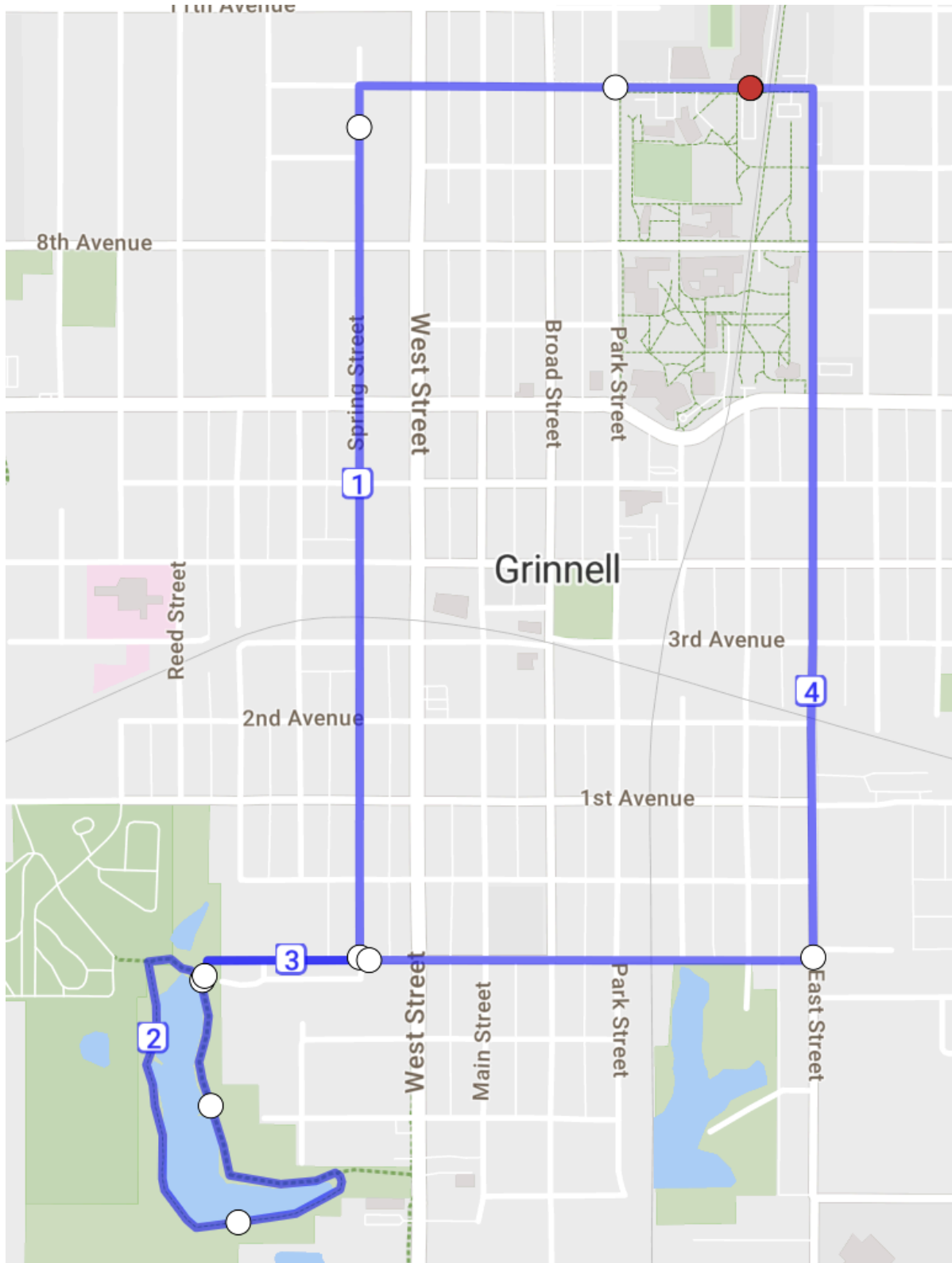
Highschool 4: 4.01 miles



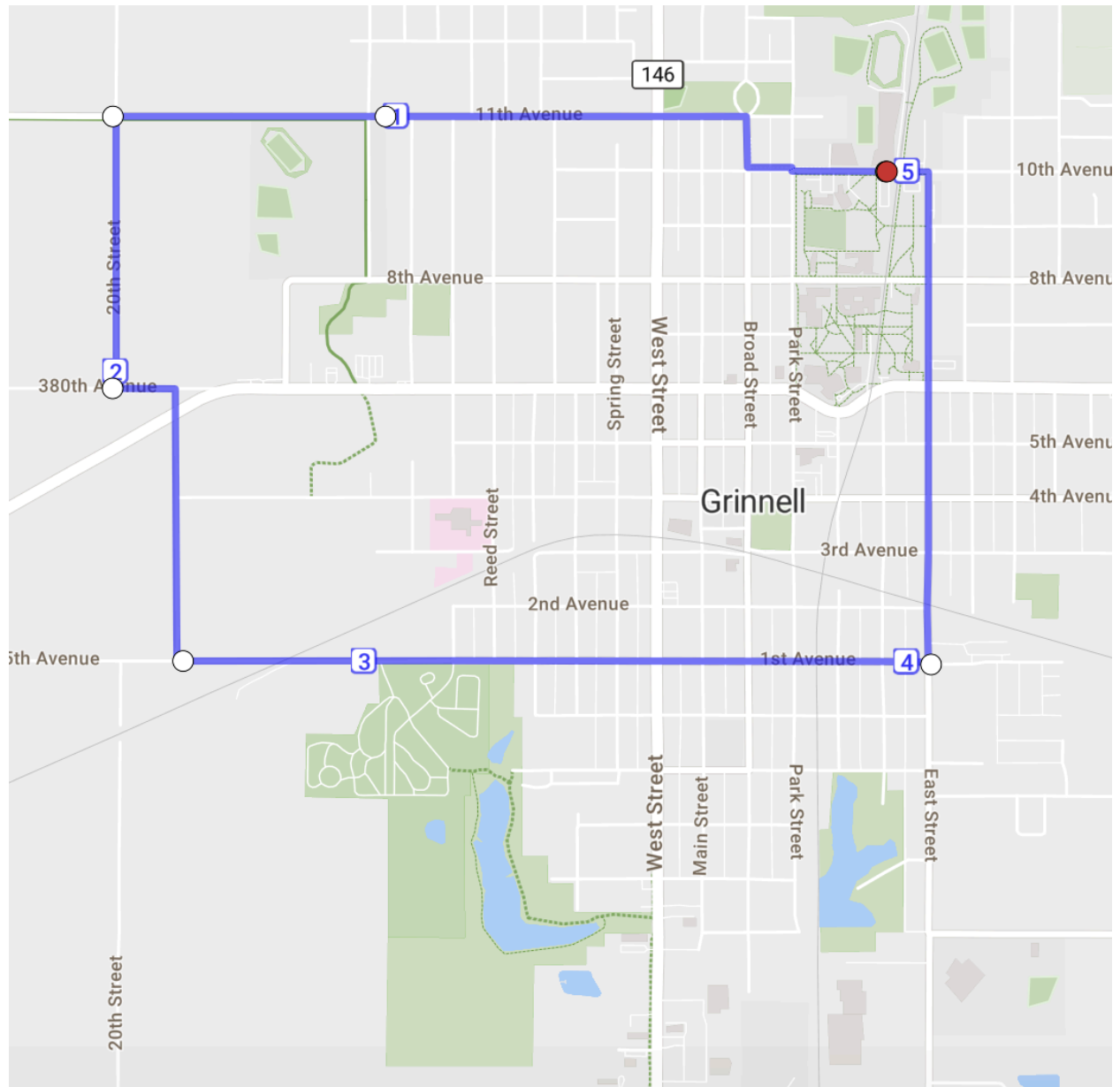
Cemetery: 4.65 miles



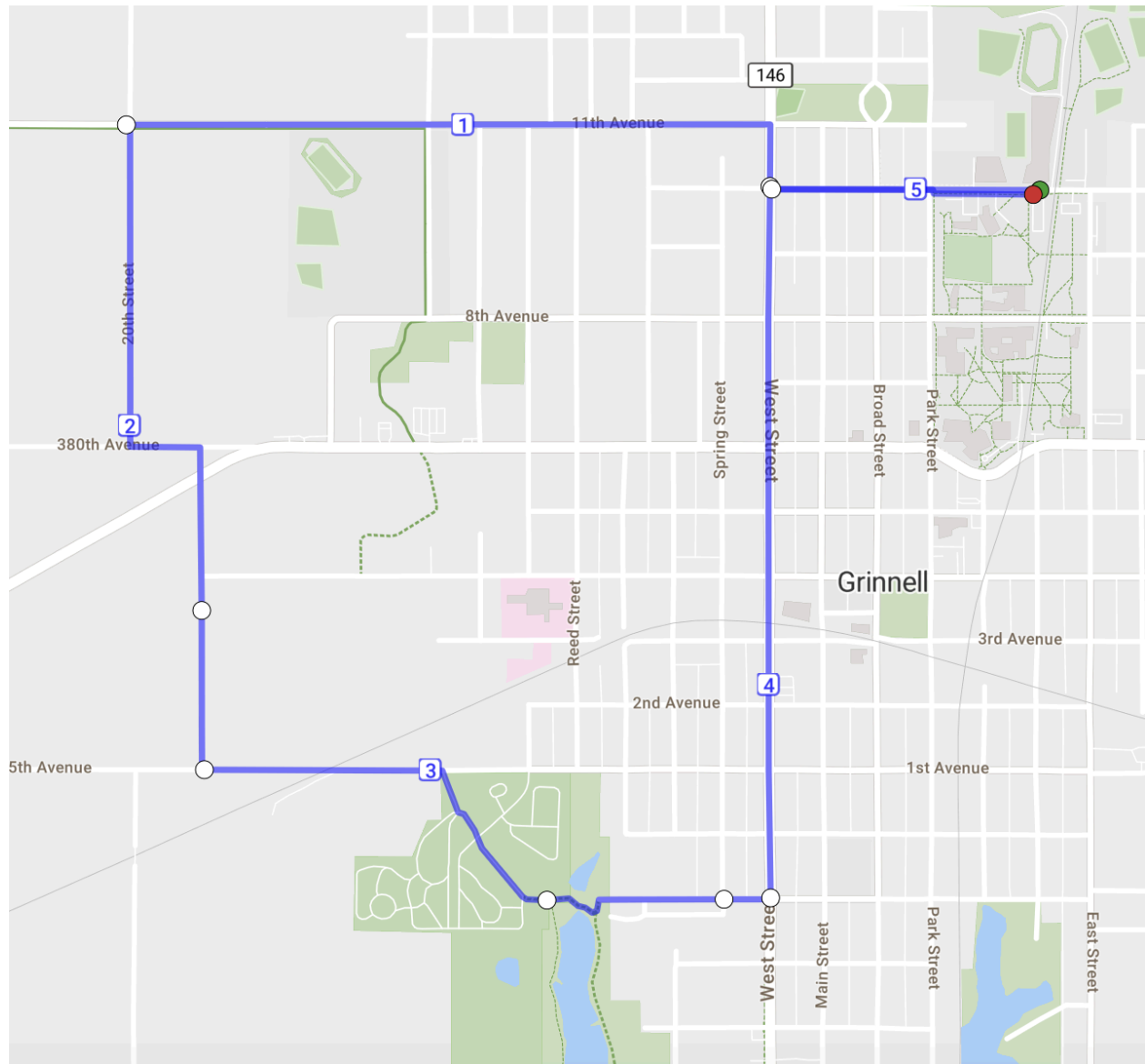
Arbor Straightshot: 4.84 miles



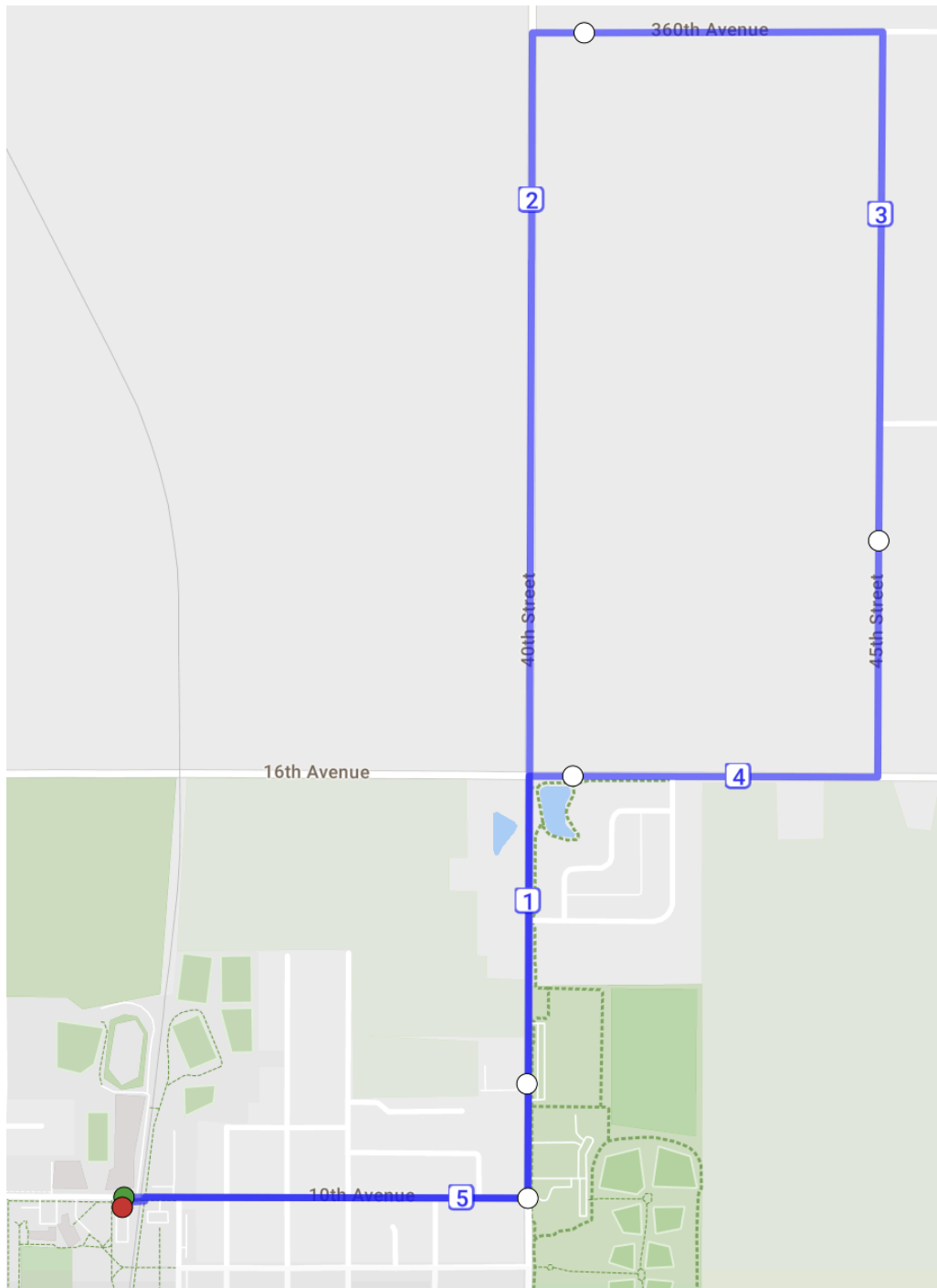
Arbor Driveby: 5.04 miles



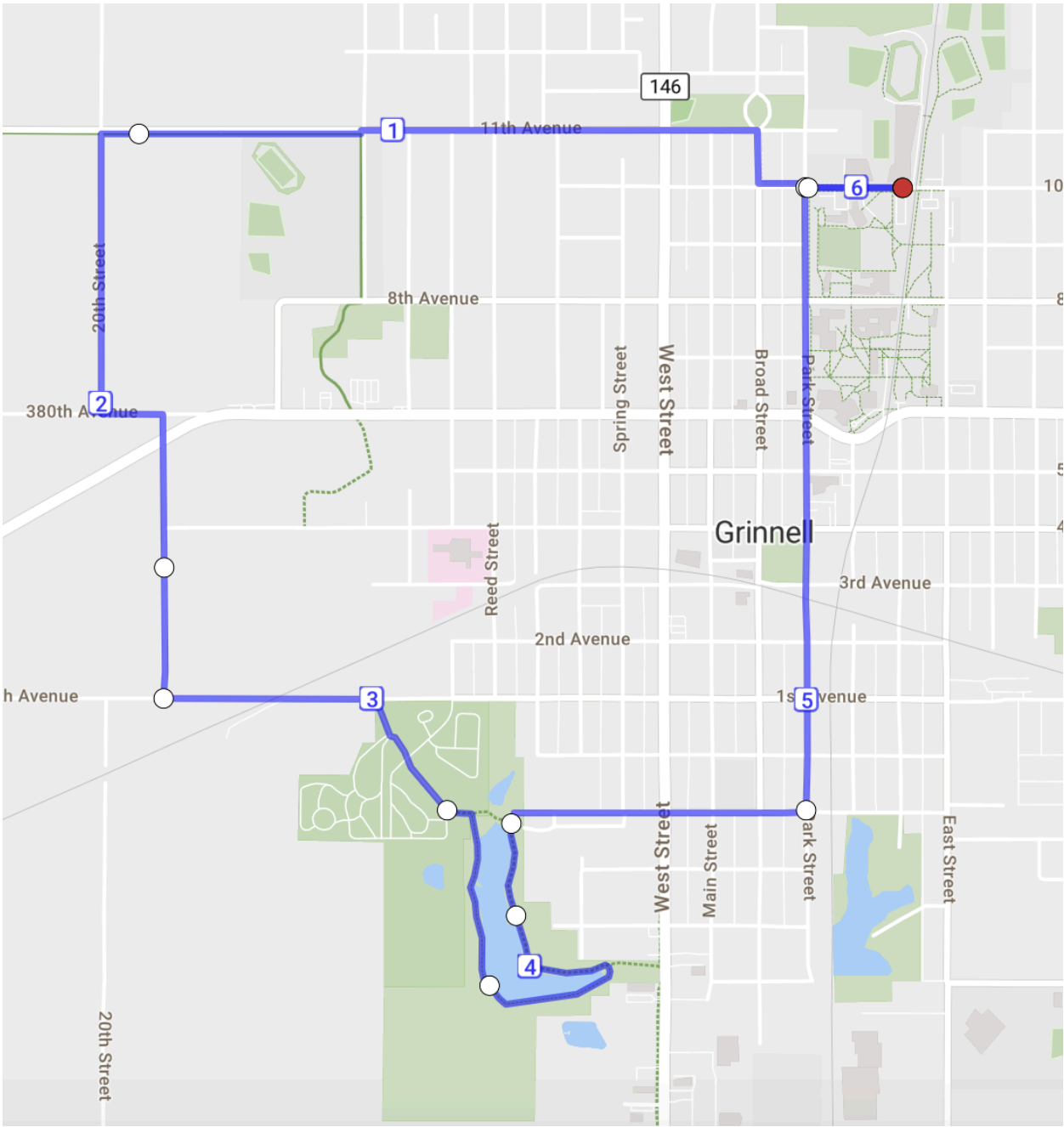
Arbor: 5.19 miles



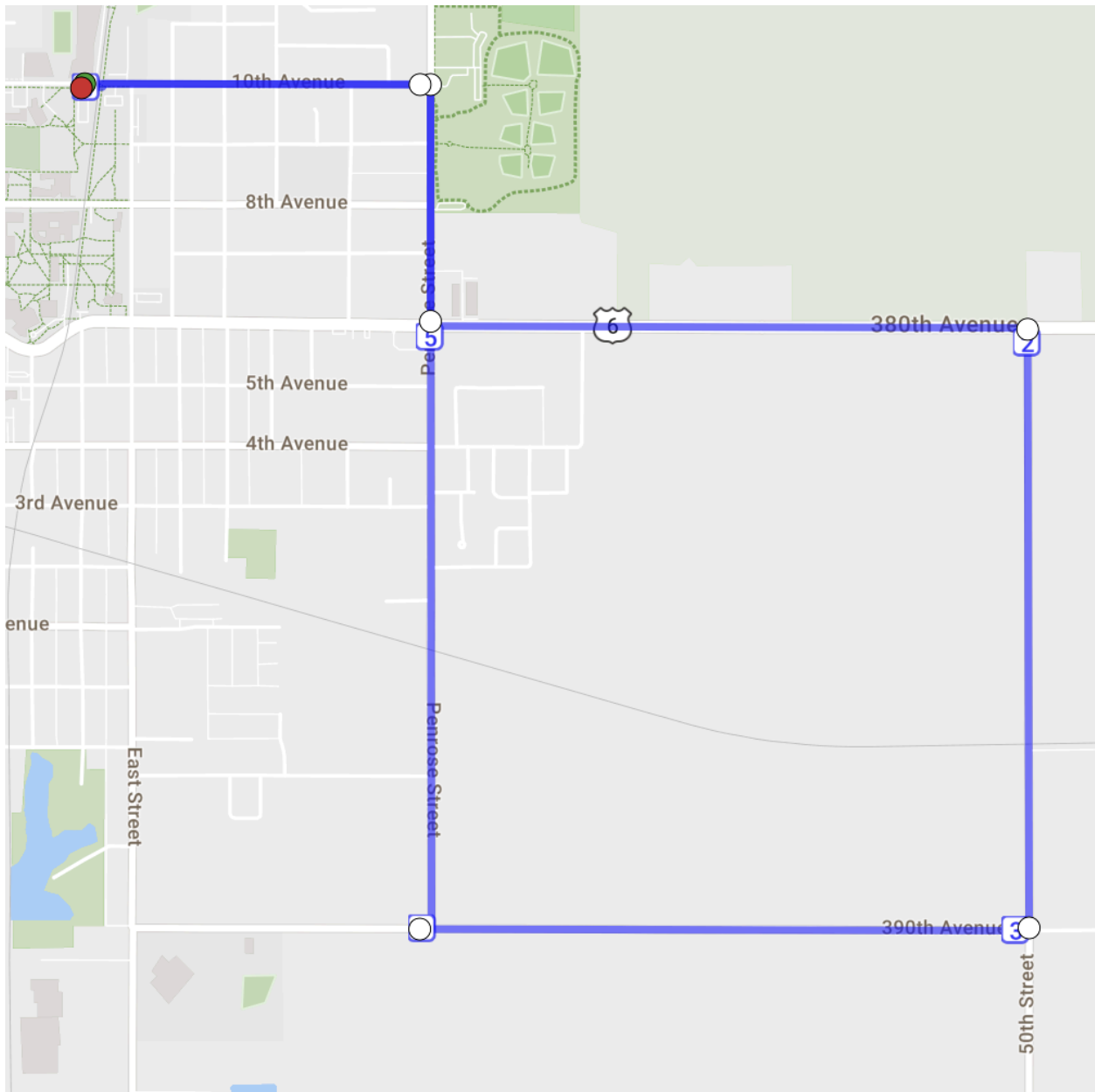
Northeast: 5.5 miles



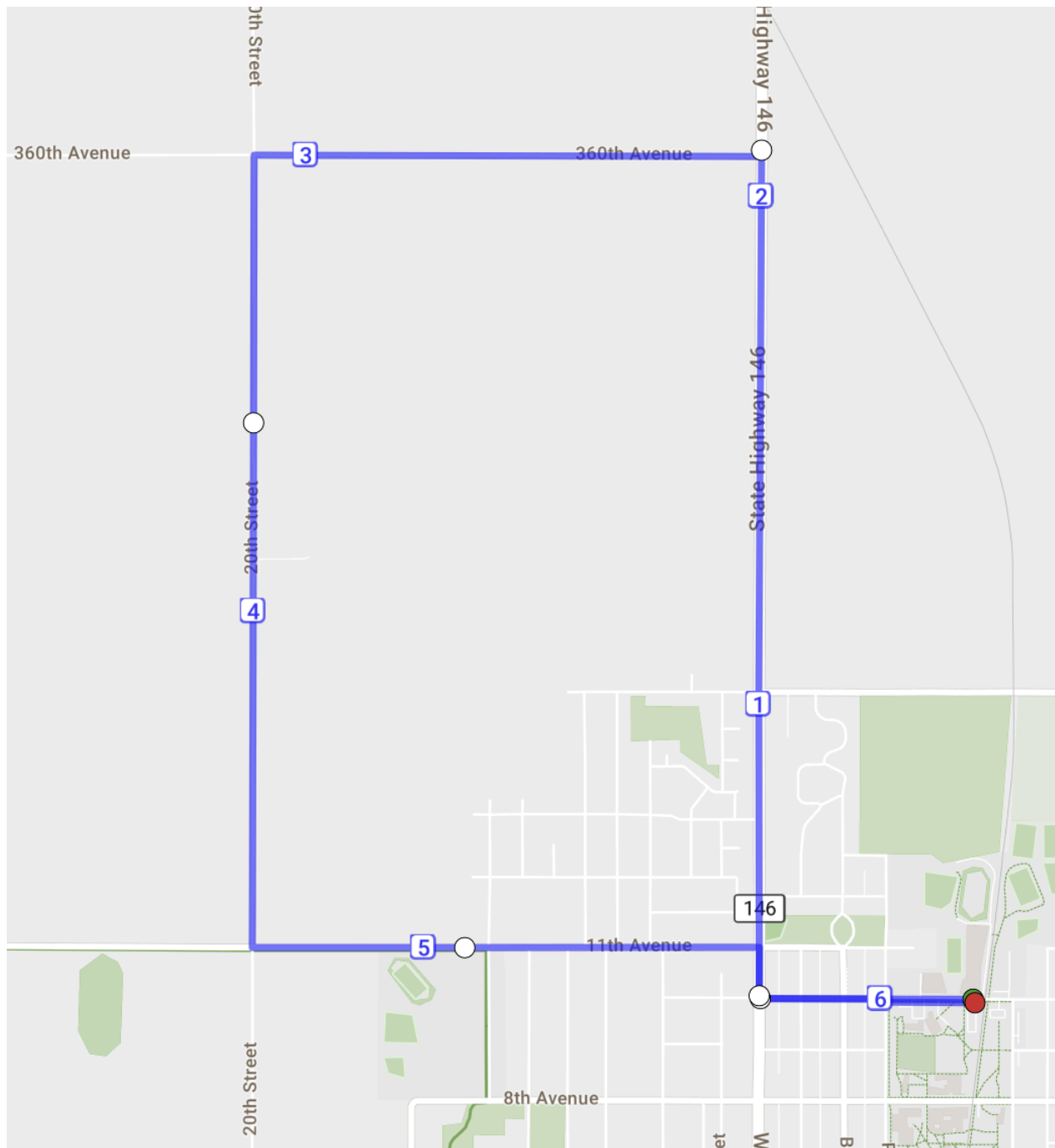
Arbor w) loop: 6.08 miles



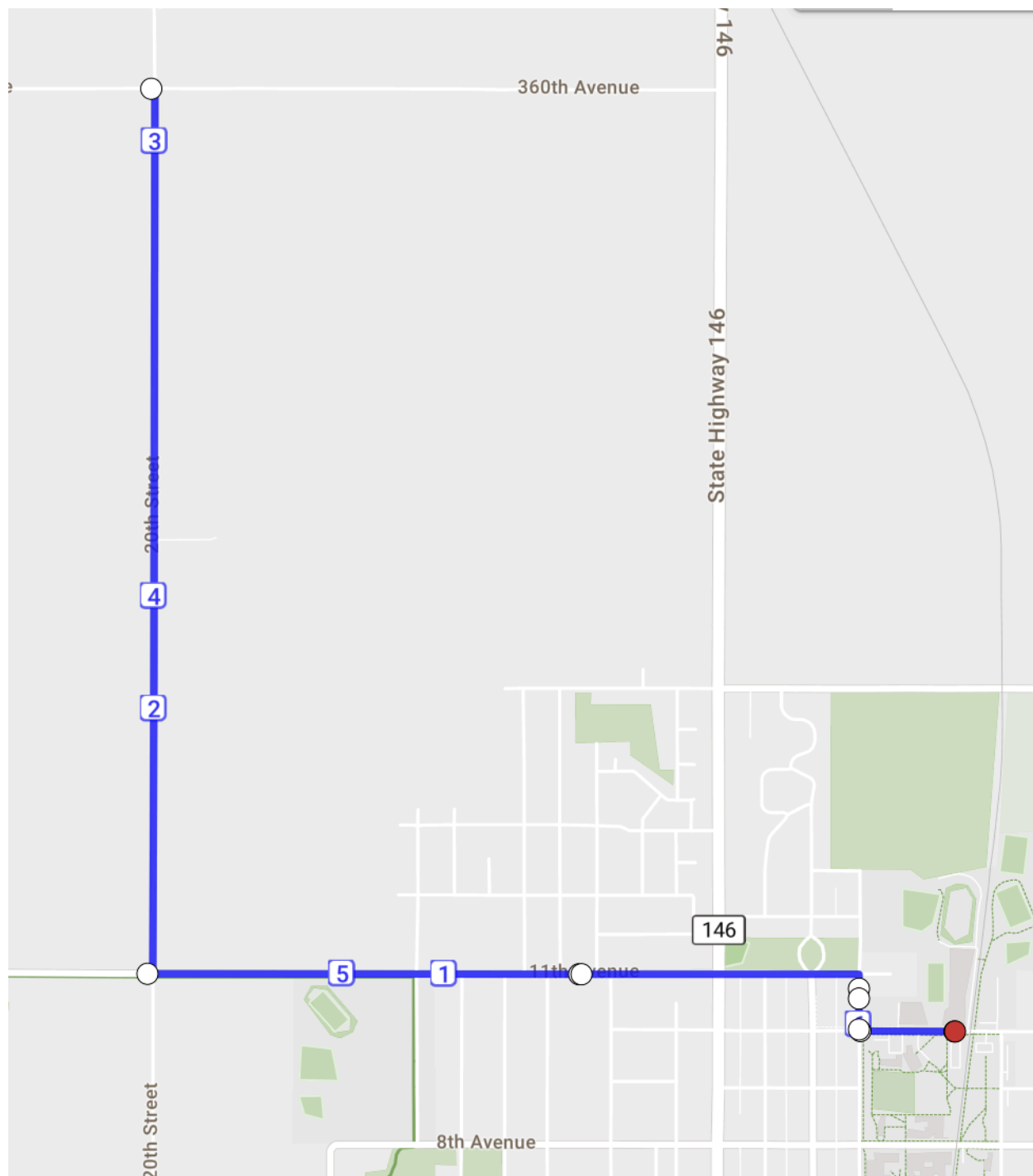
Junkyard: 6.00 miles



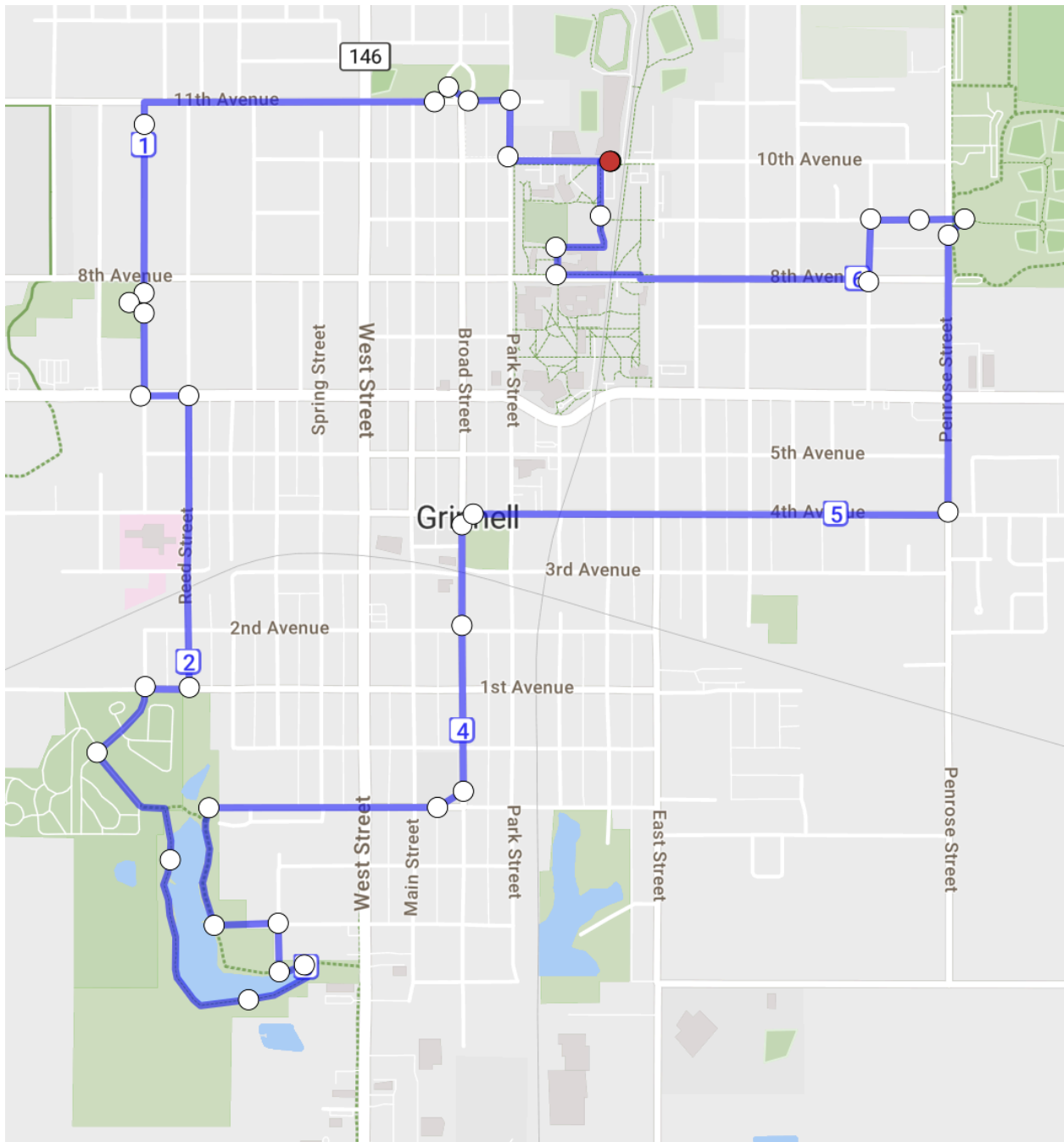
High Speed 6: 6.14 miles



John Out and Back: 6.18 miles

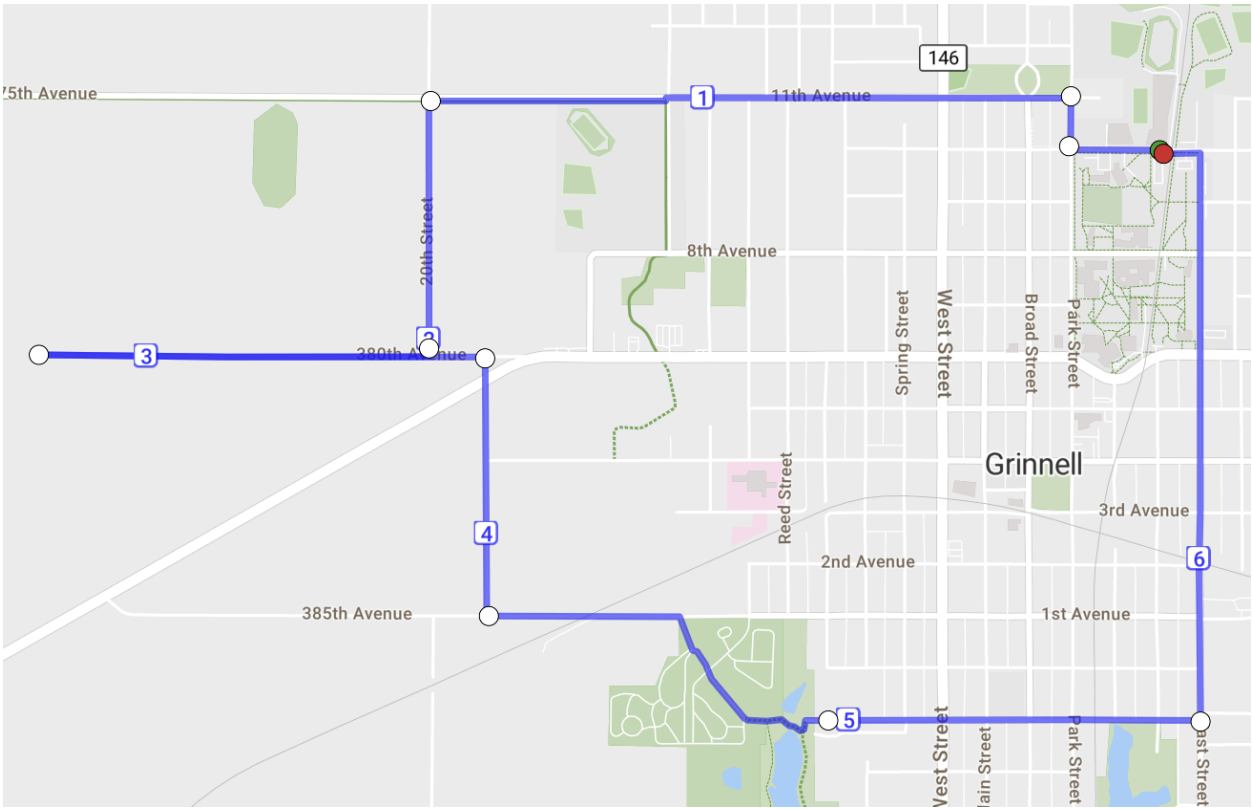


Swinging Around Town: 6.55 miles

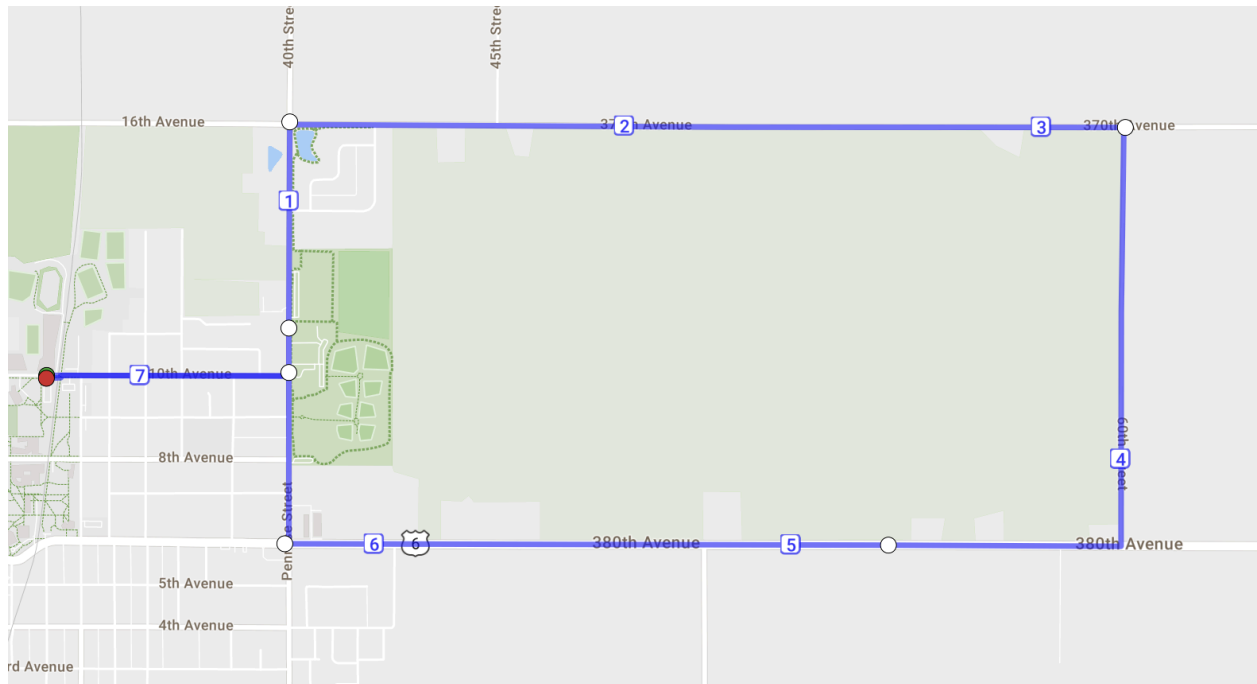


(Visits every public swingset in Grinnell!)

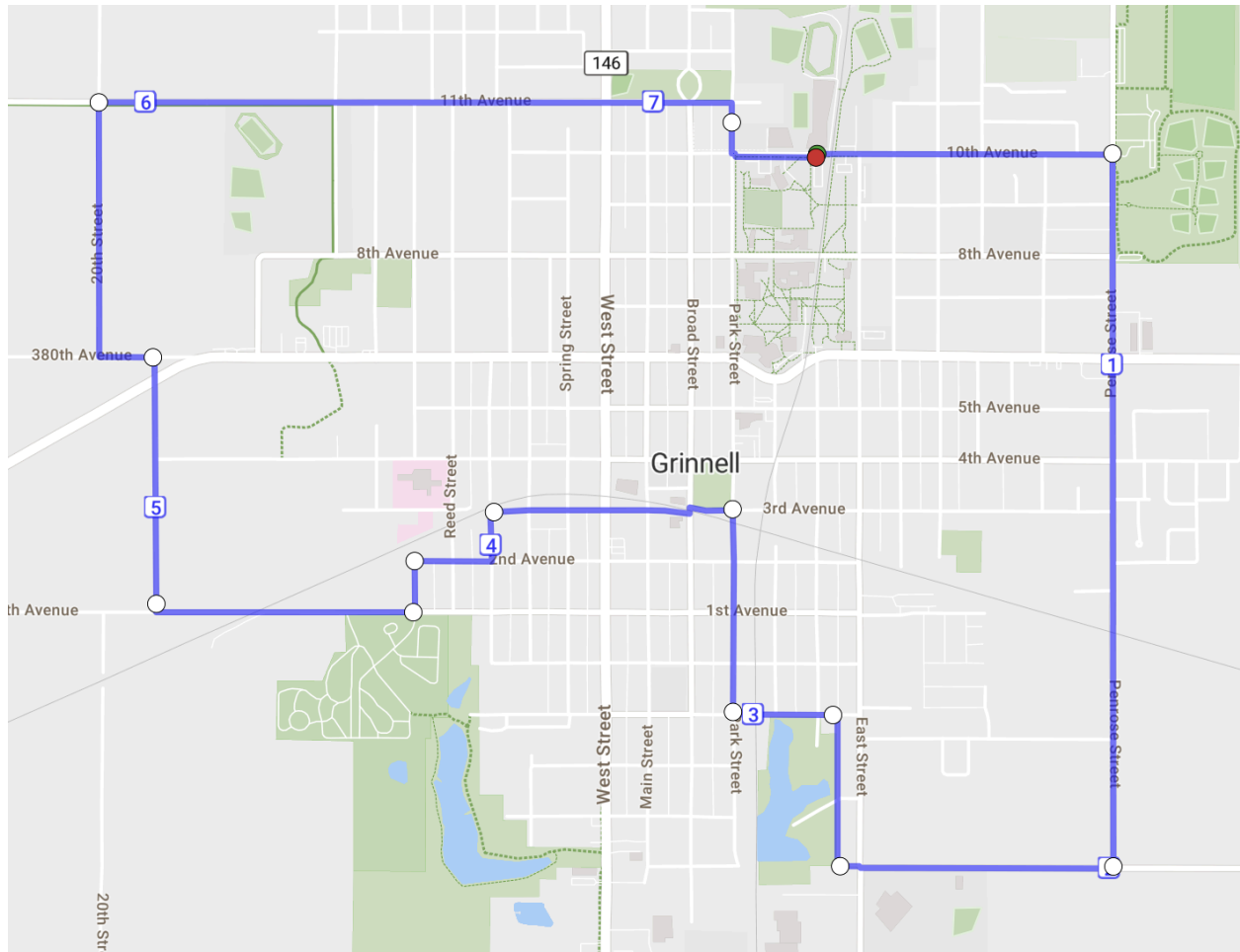
Sunset: 6.85 miles



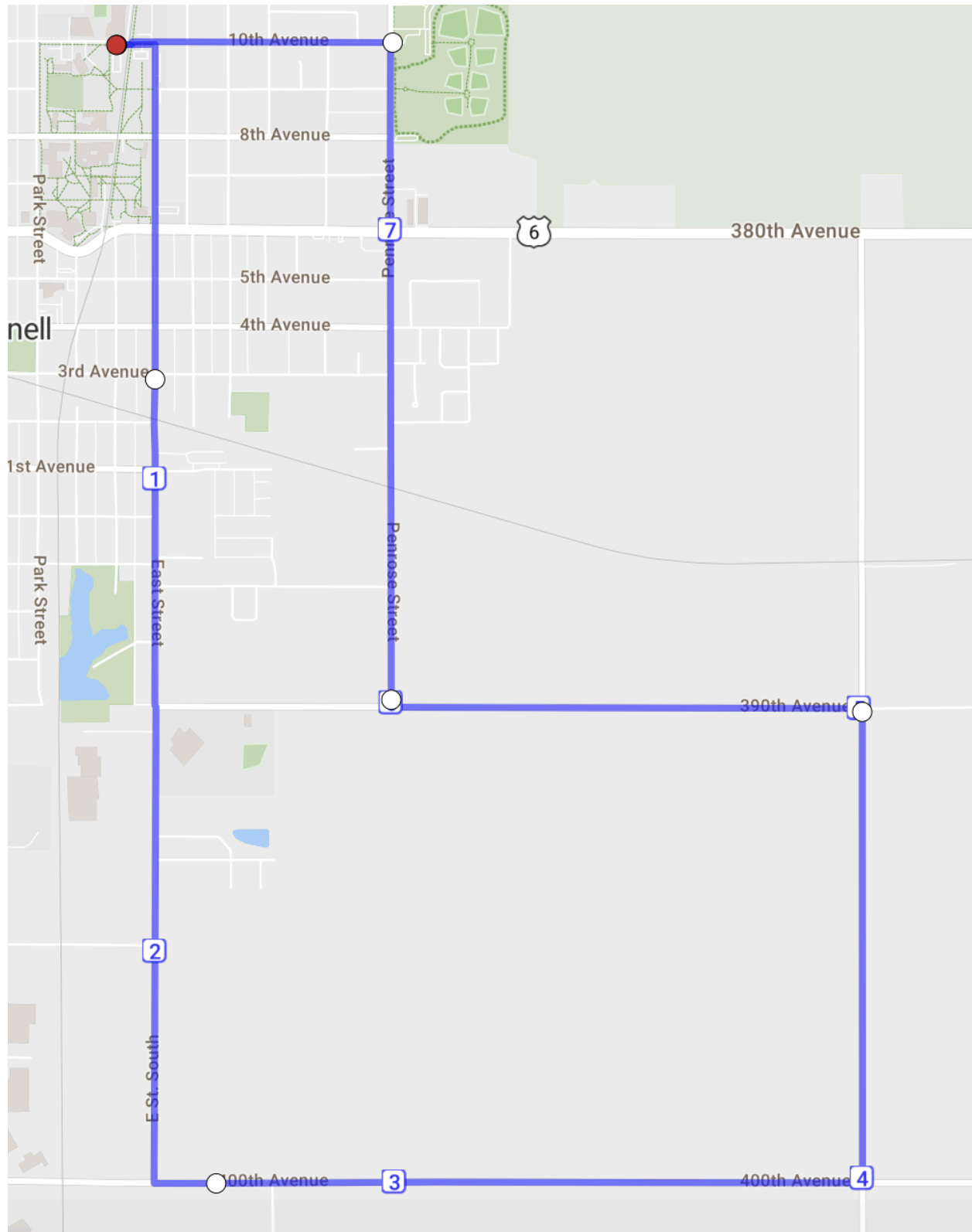
East: 7.23 miles



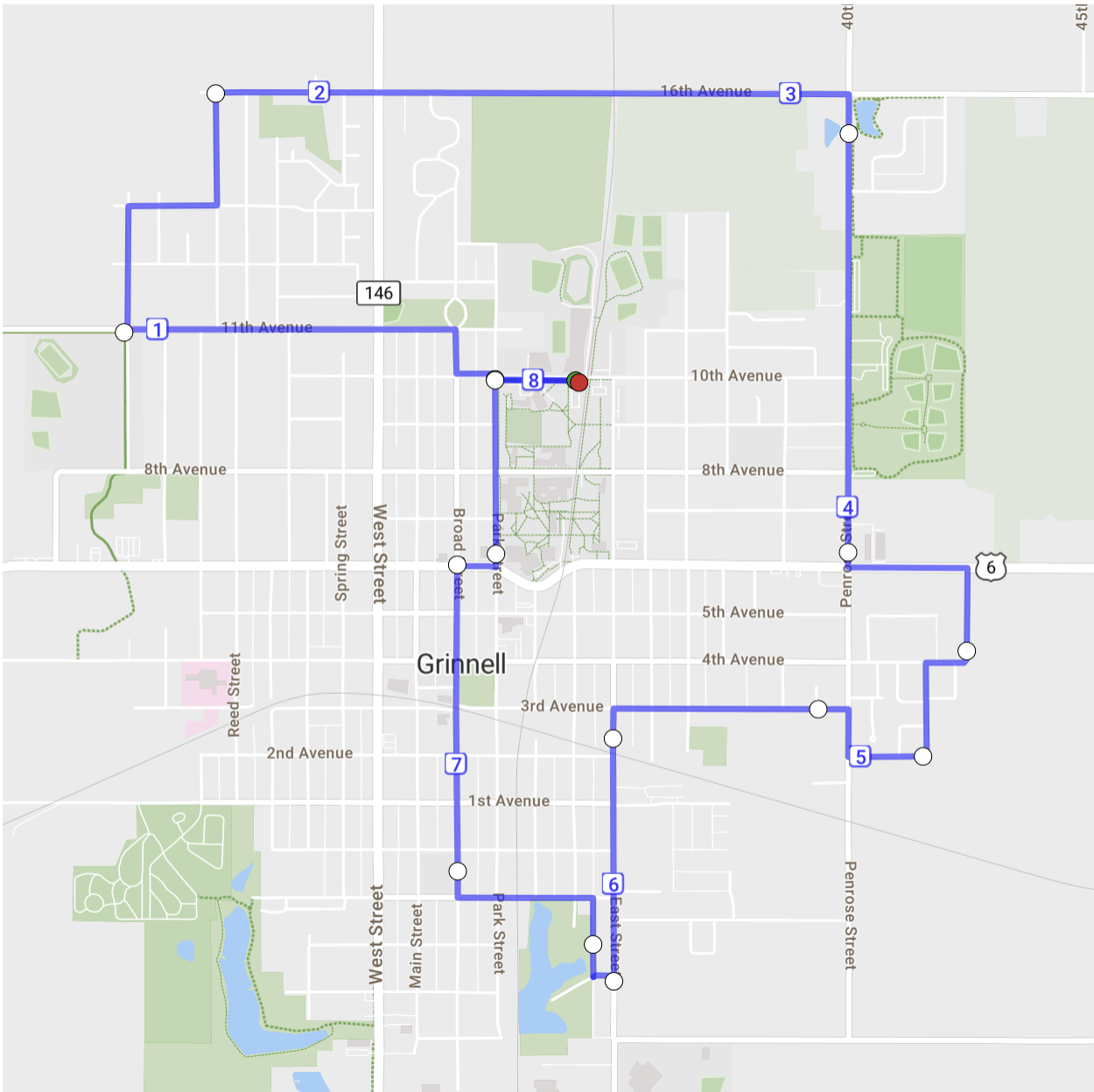
Tunnel: 7.42 miles



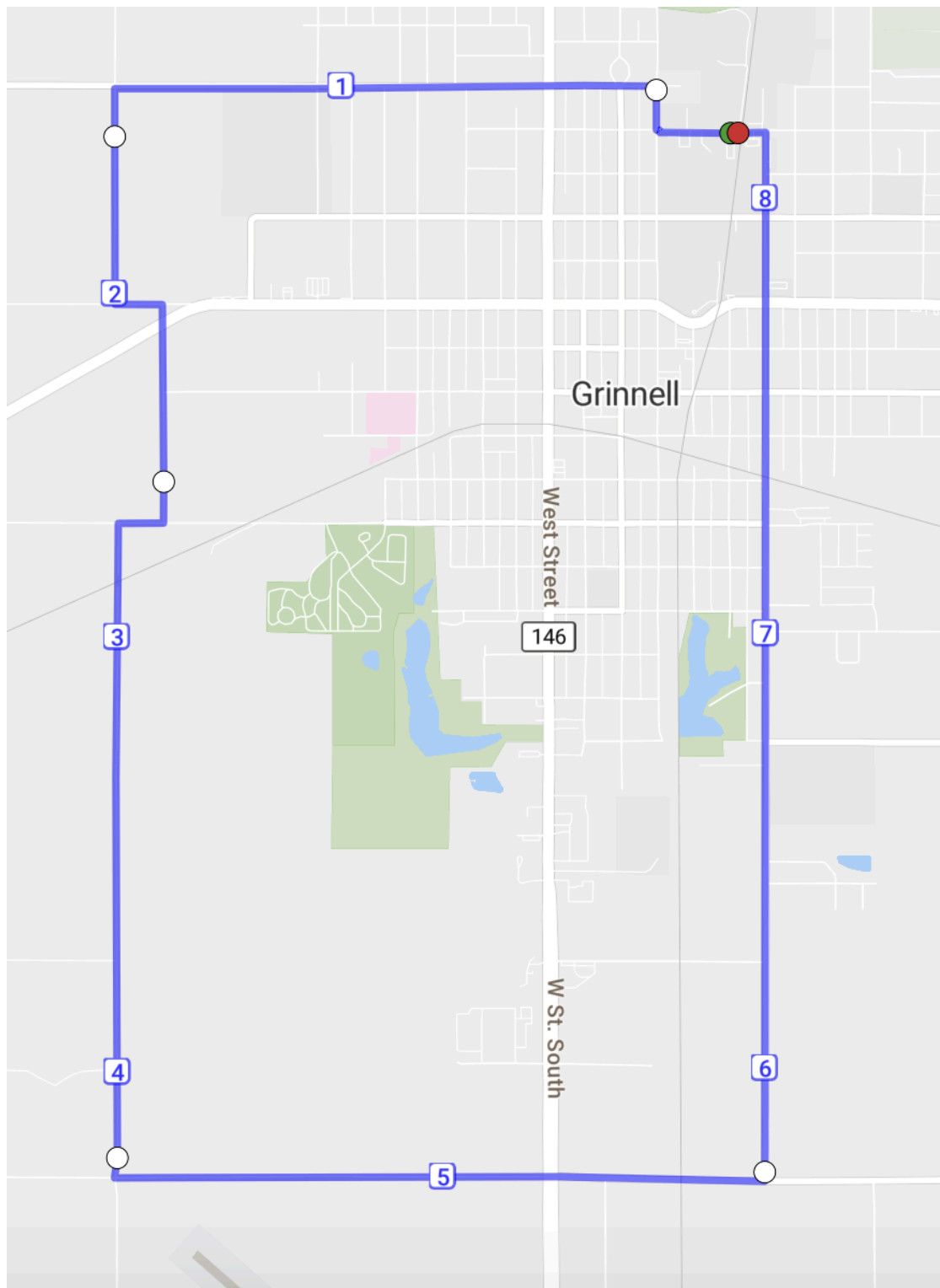
Think Positive: 8.0 miles



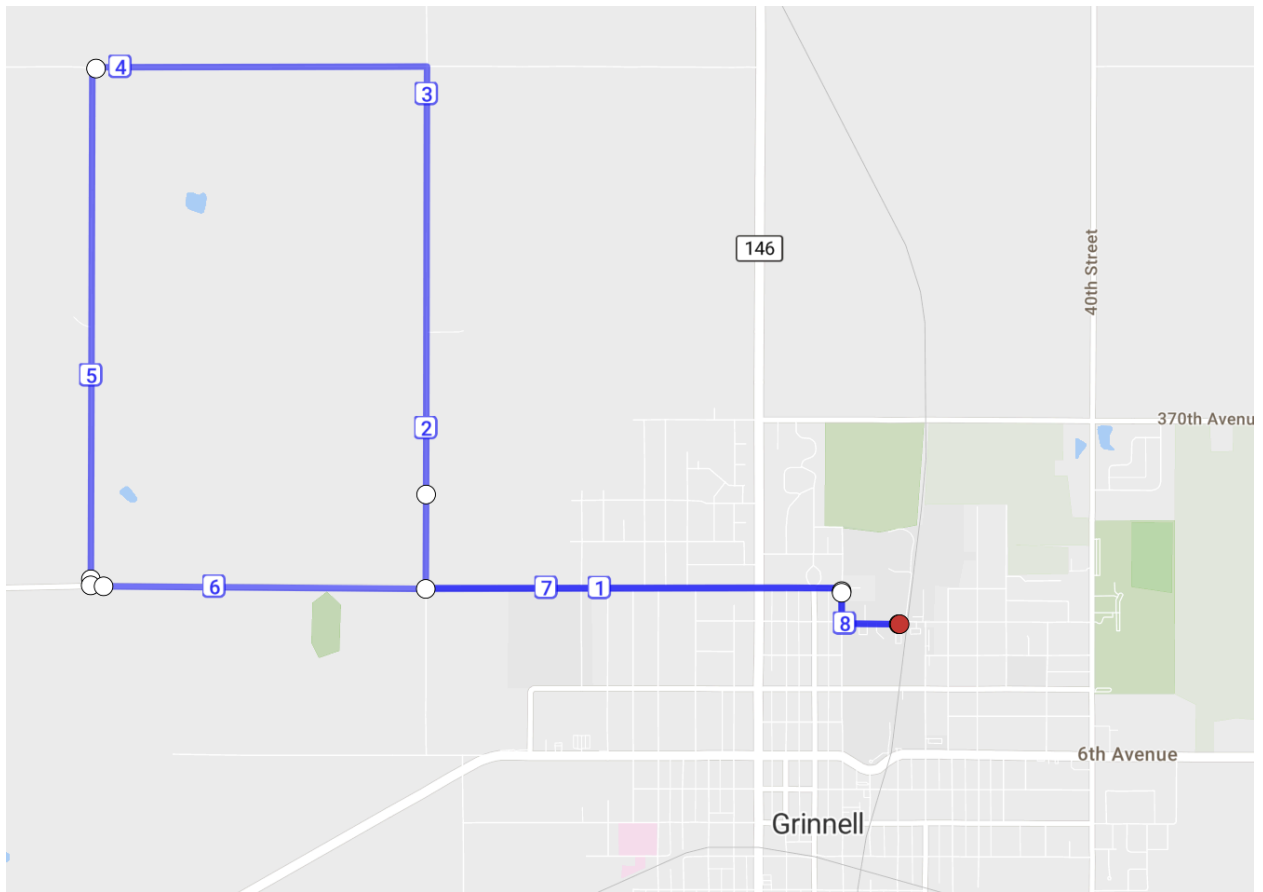
Nate 8: 8.1 miles



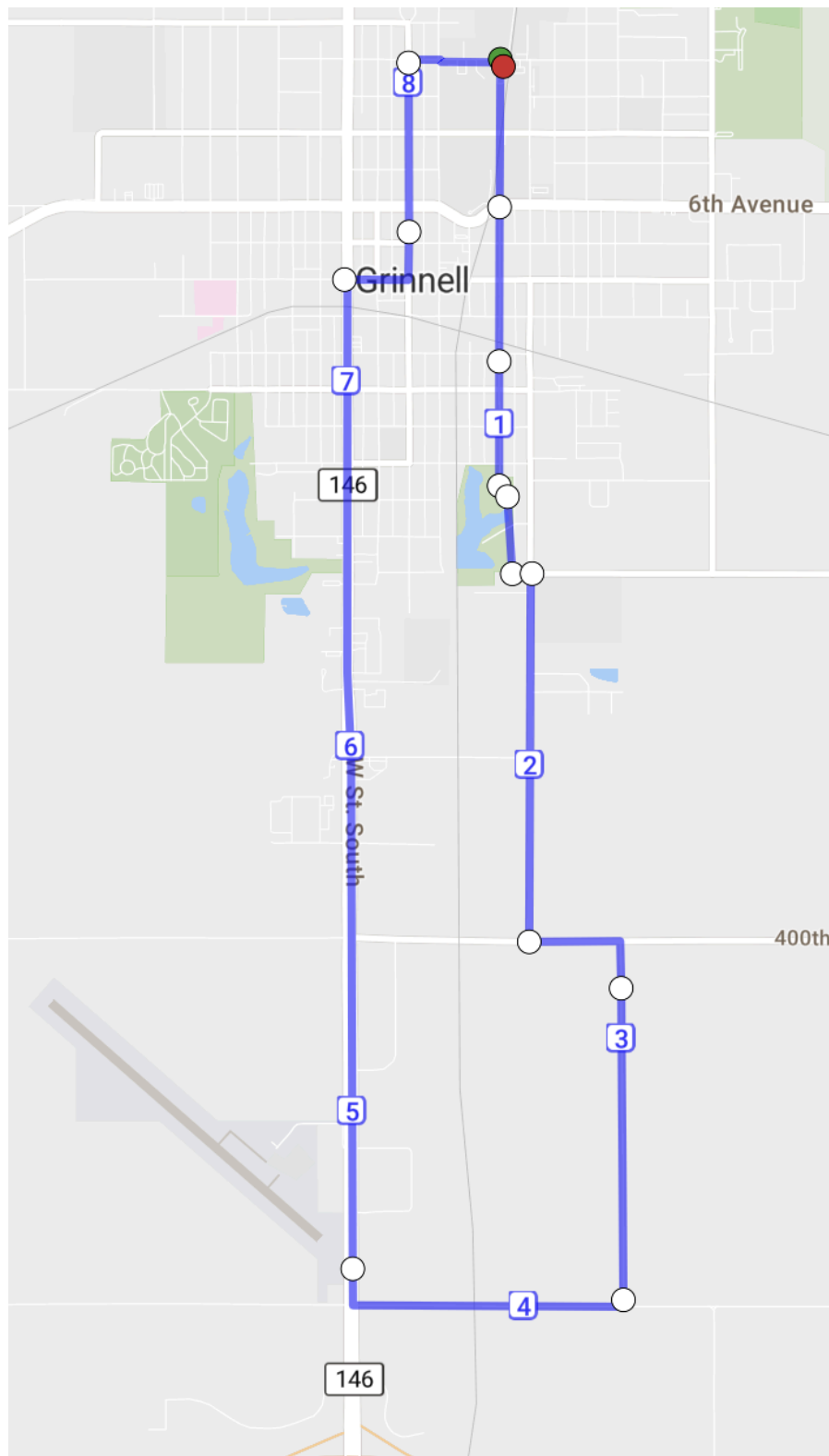
Charlie's: 8.14 miles



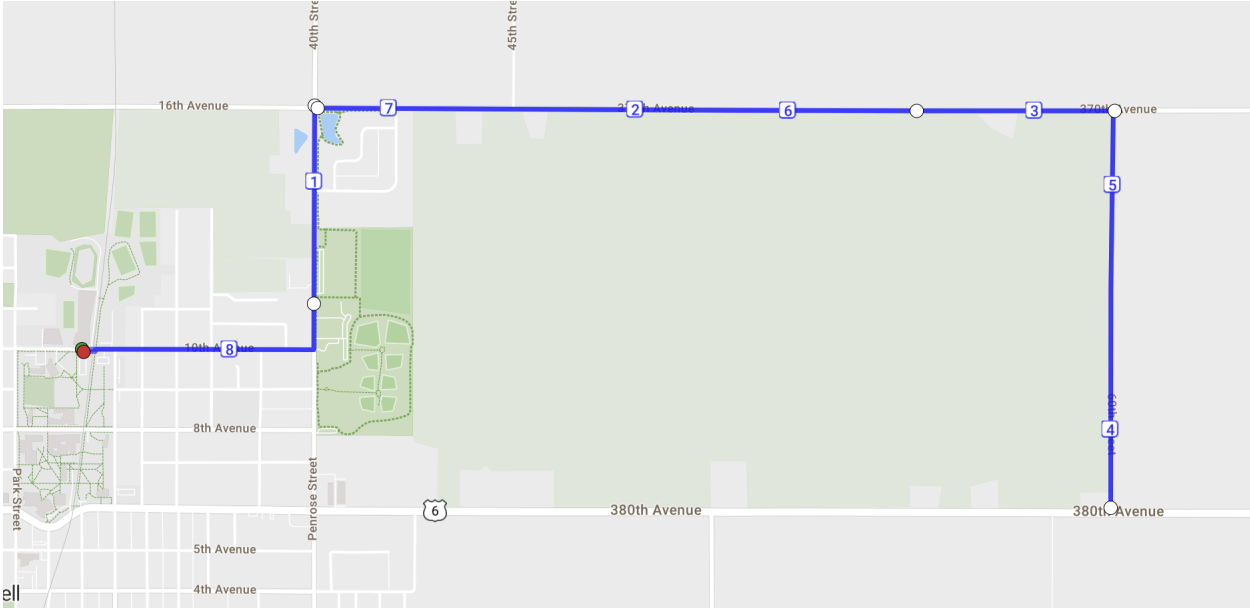
Mud Loop: 8.16 miles



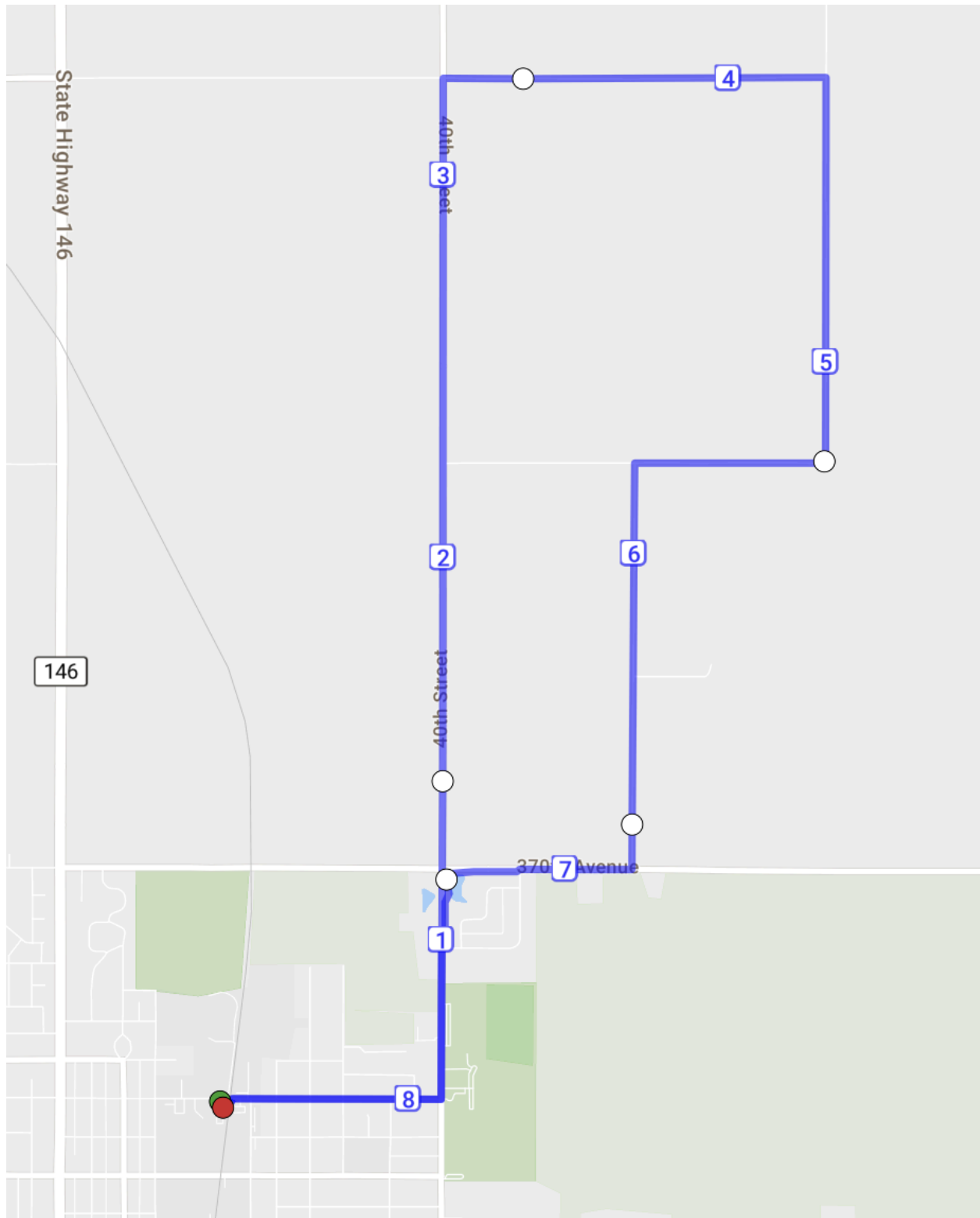
Red Herring 6: 8.34 miles



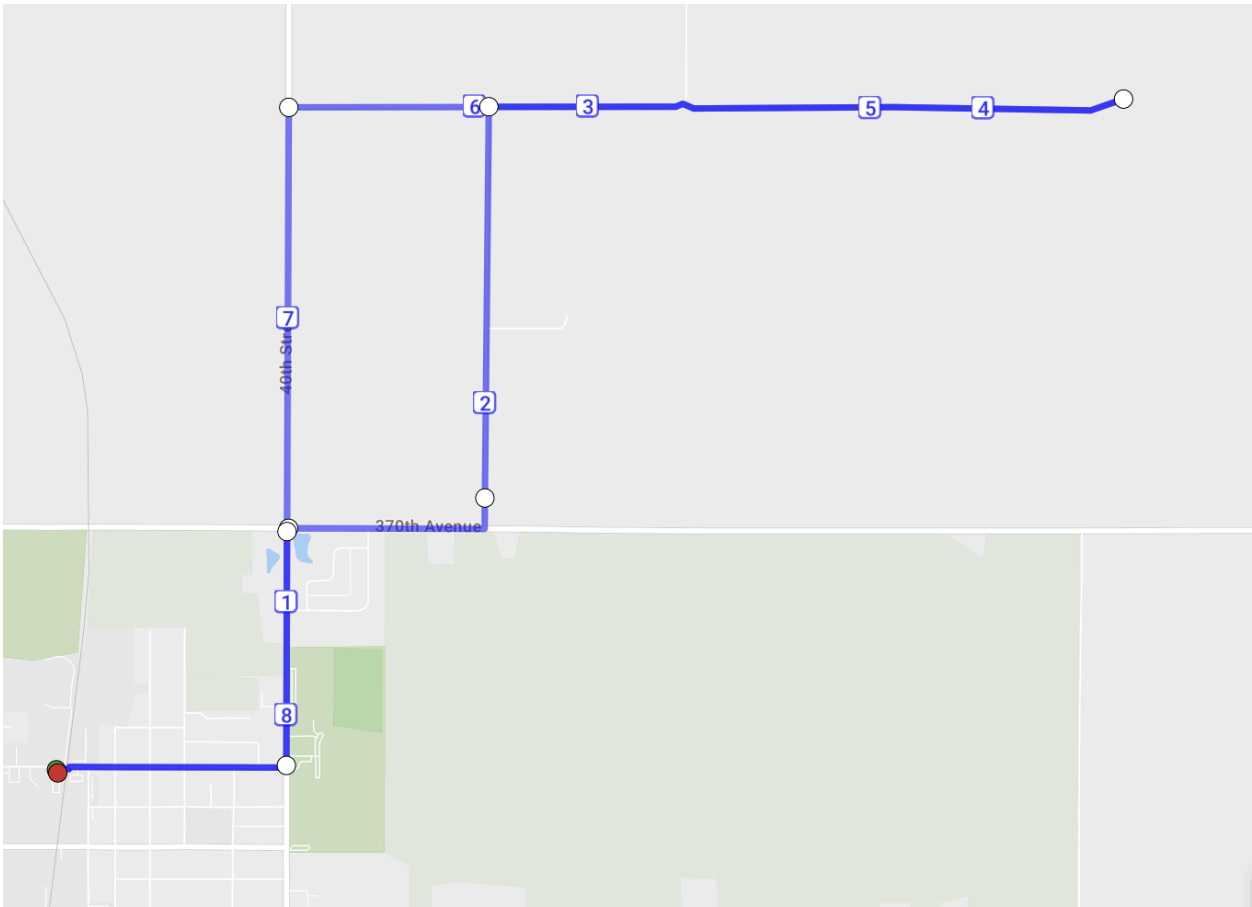
East Out and Back: 8.37 miles



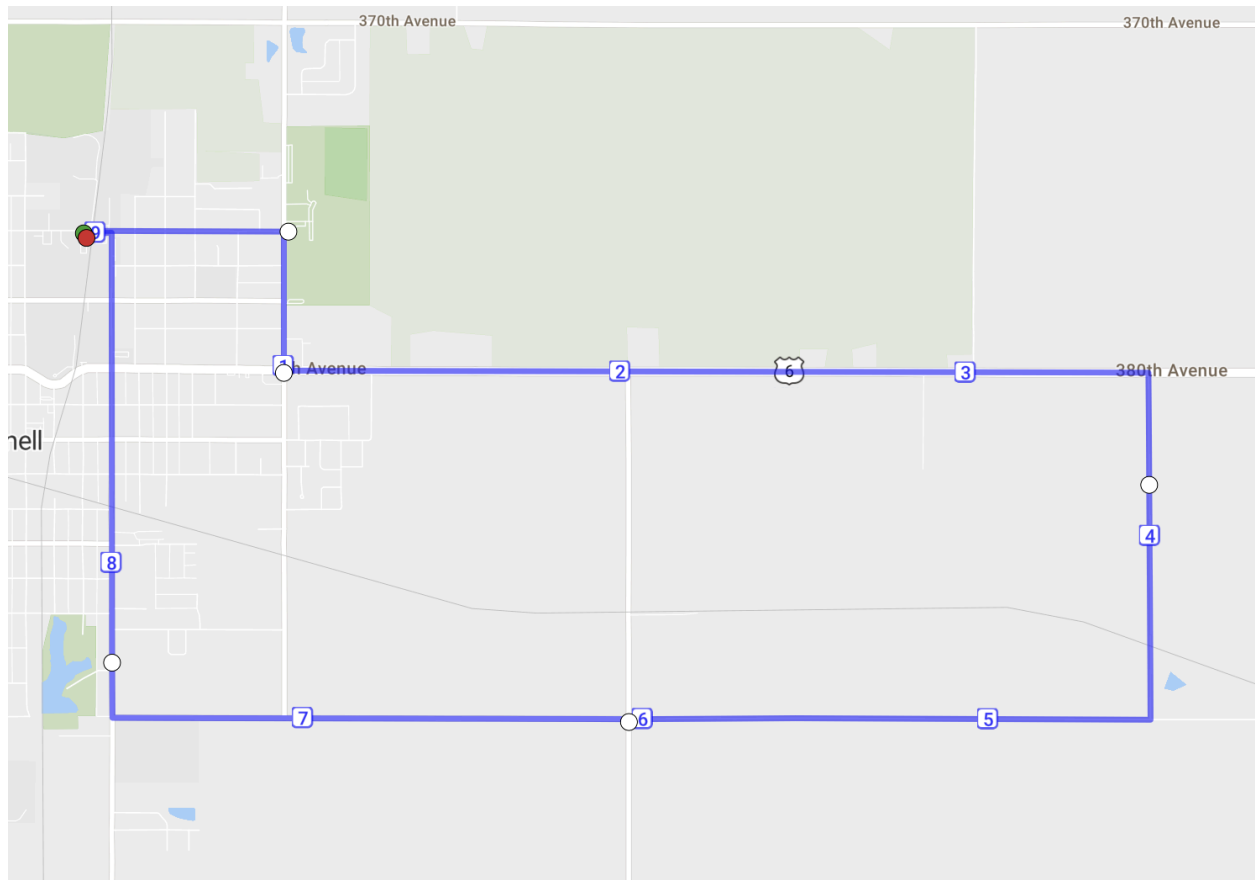
Northeast 8: 8.51 miles



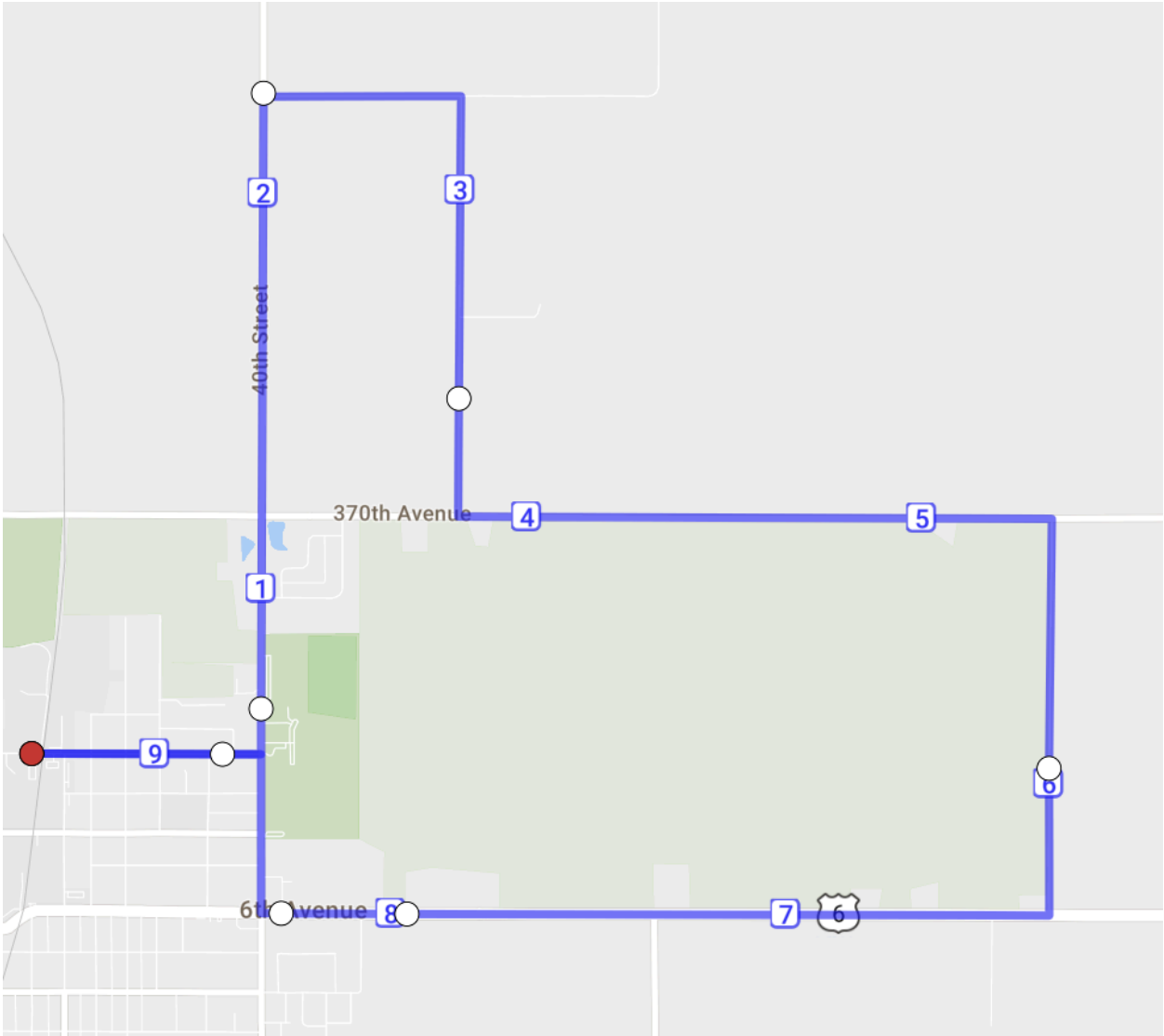
Stairway to Heaven: 8.72 miles



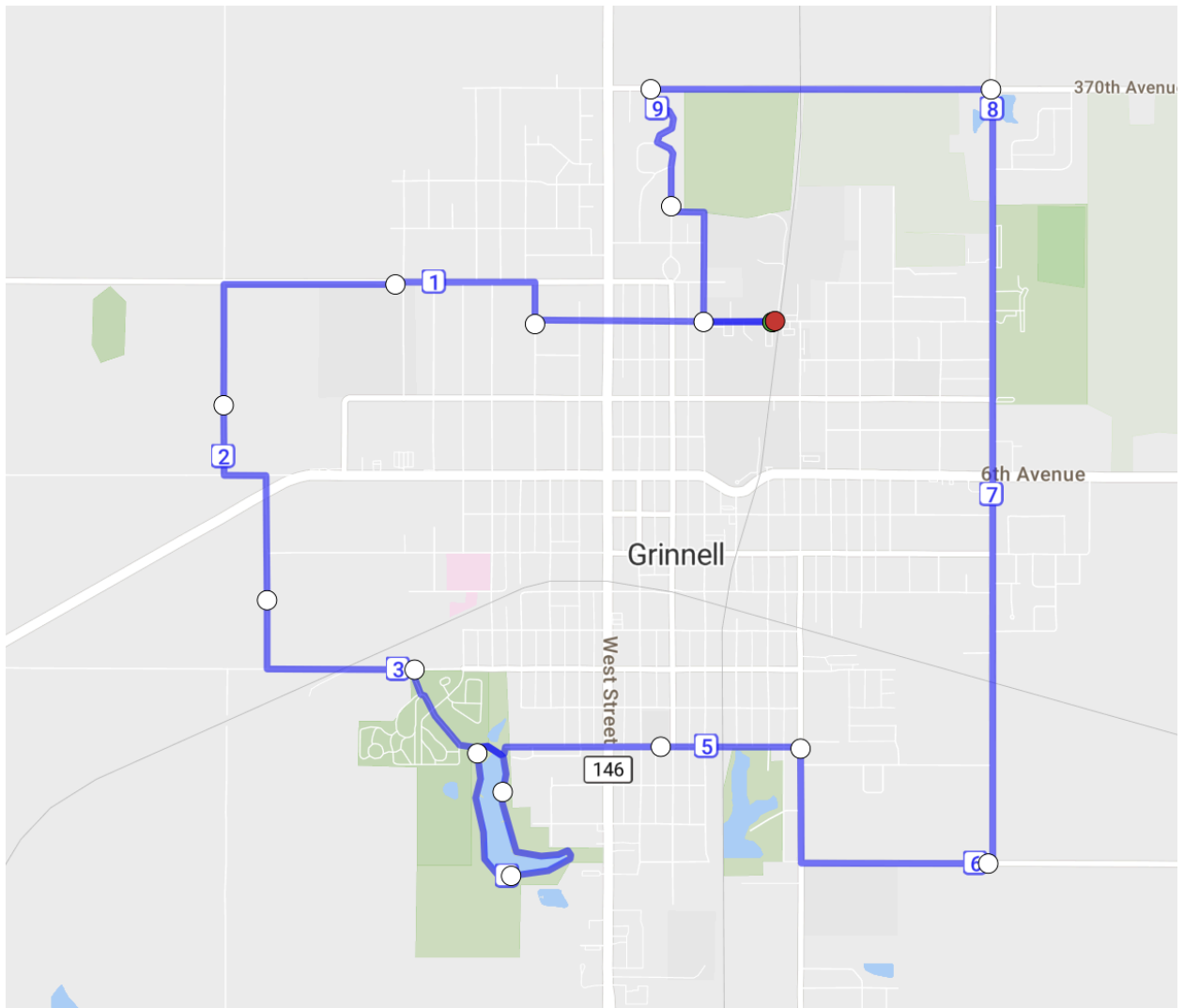
Twincest: 9.04 miles



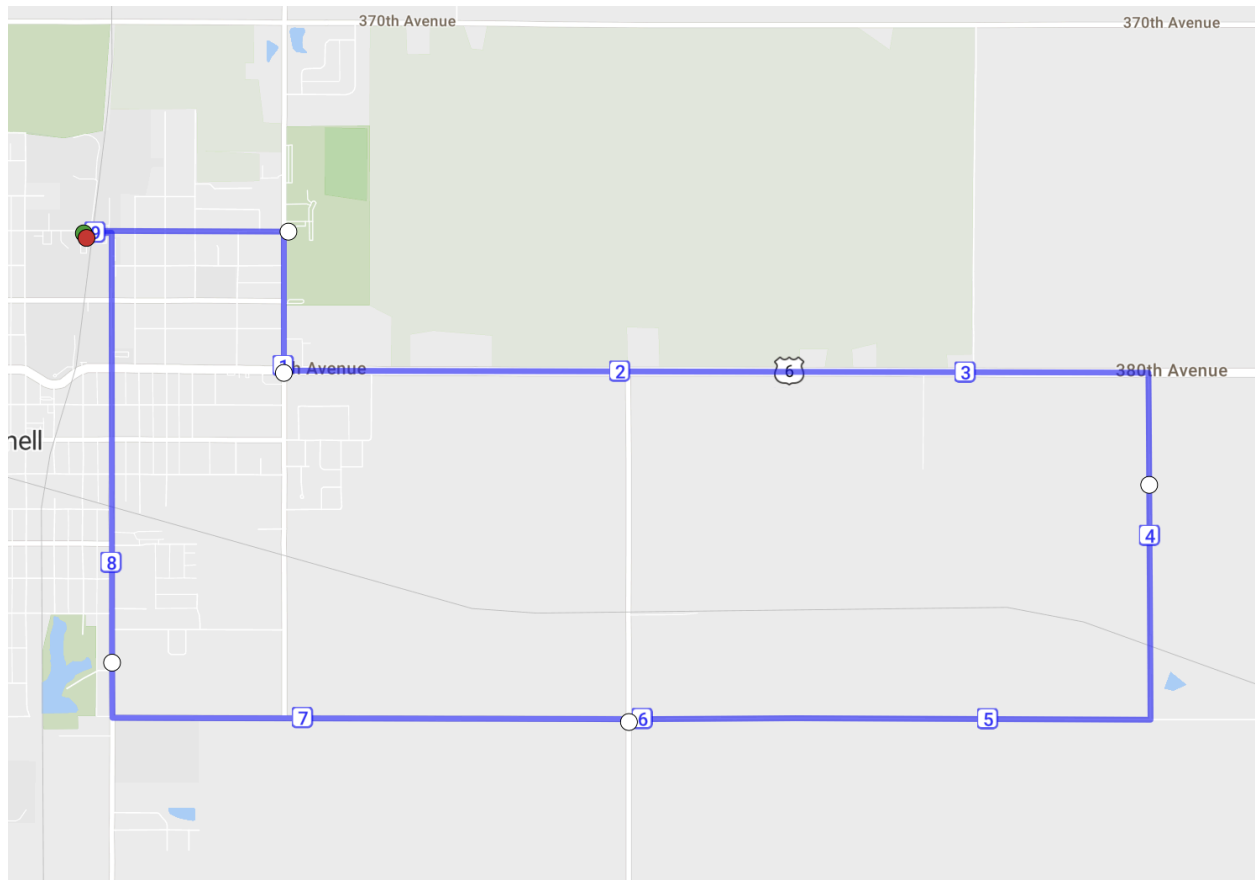
North-East^2: 9.31 miles



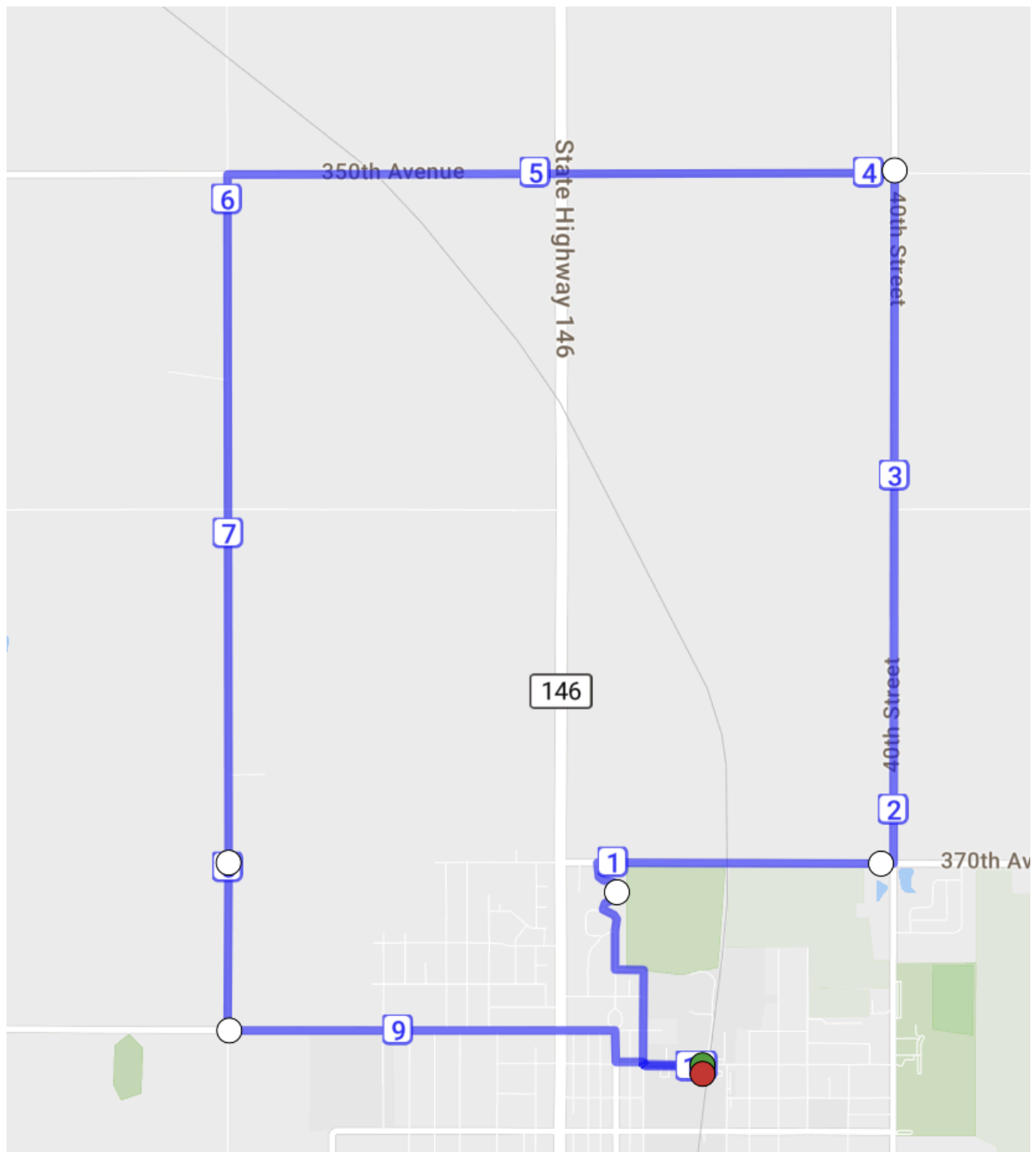
Weinberg (Dead Teenagers): 9.9 miles



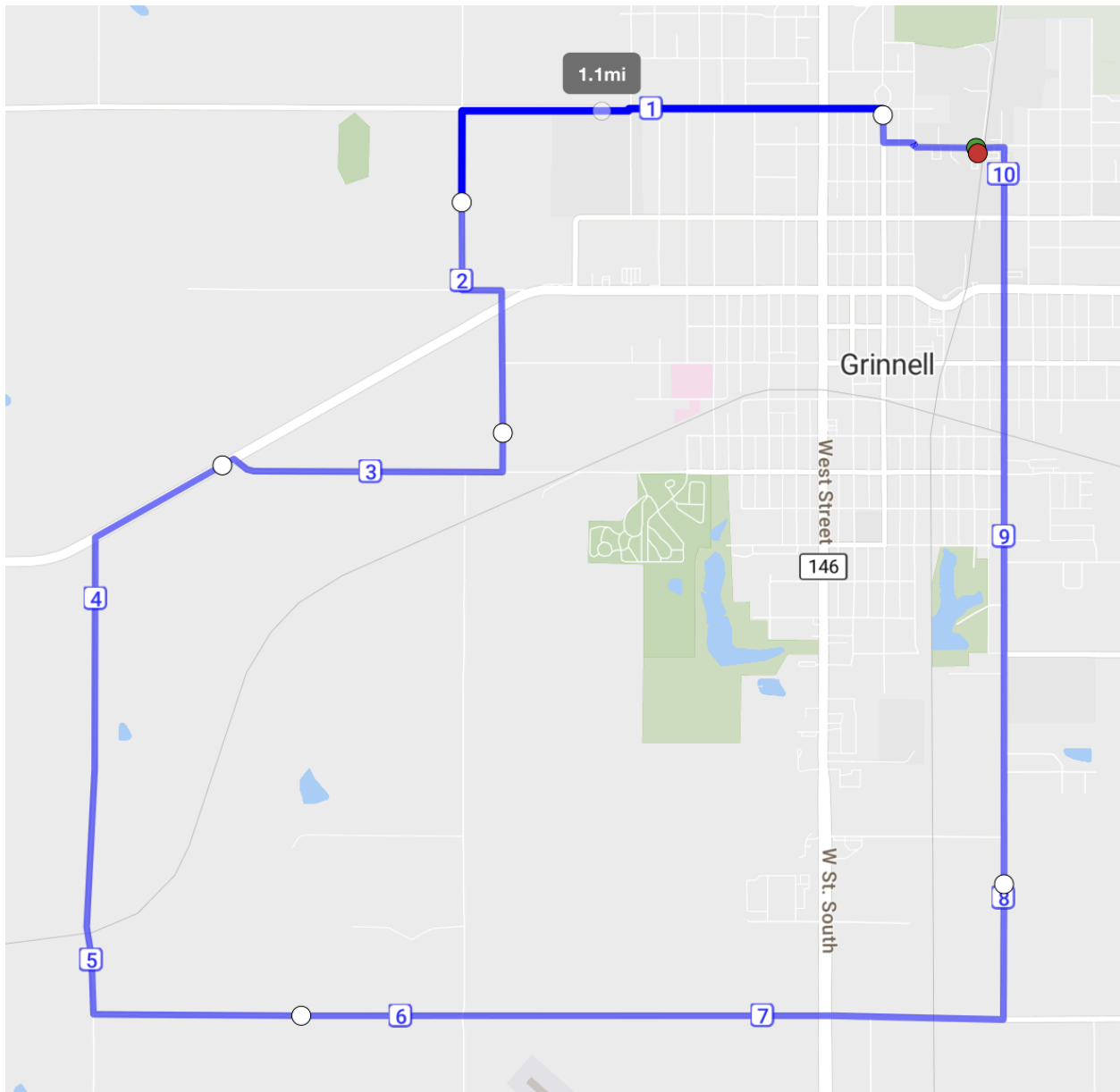
Think Positive 10: 10.02 miles



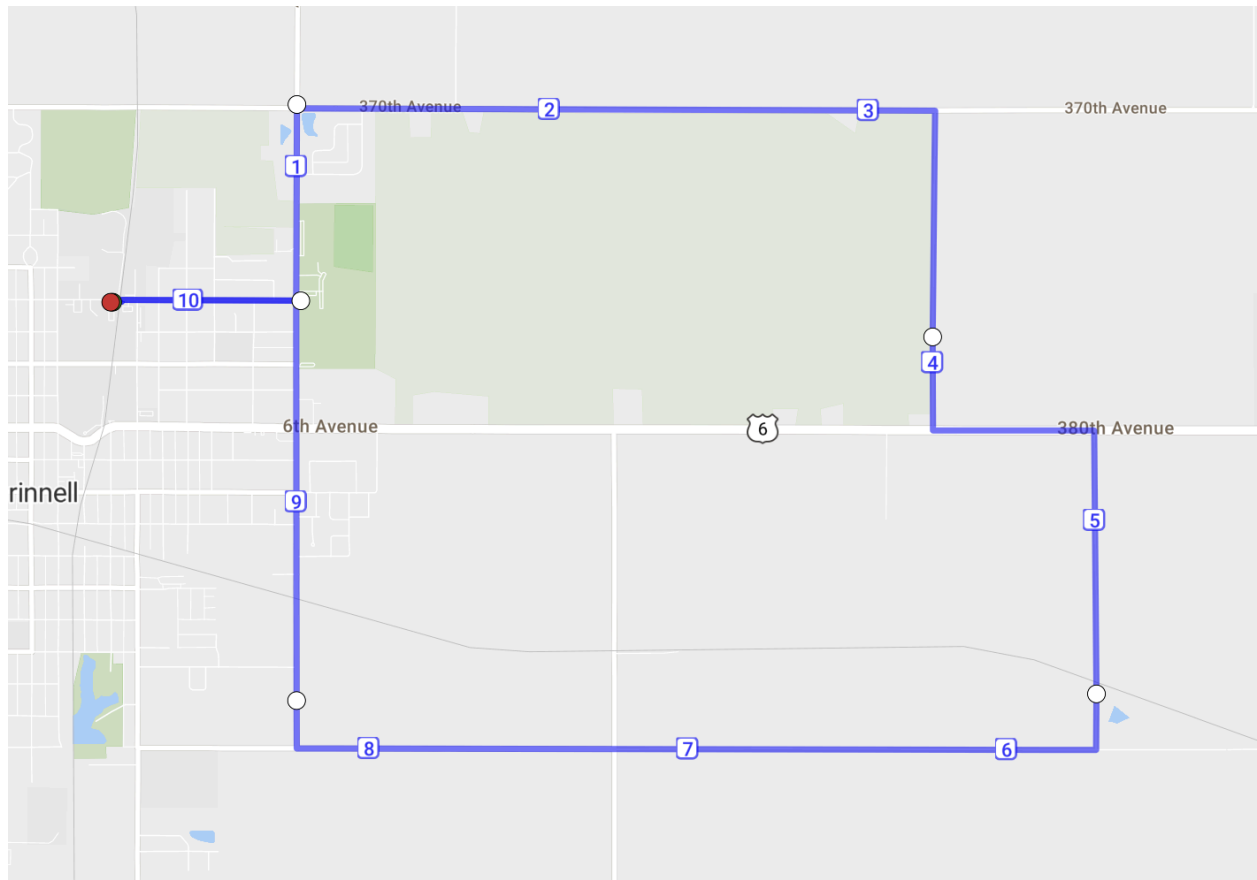
Apocalypse/Grange House: 10.04 miles



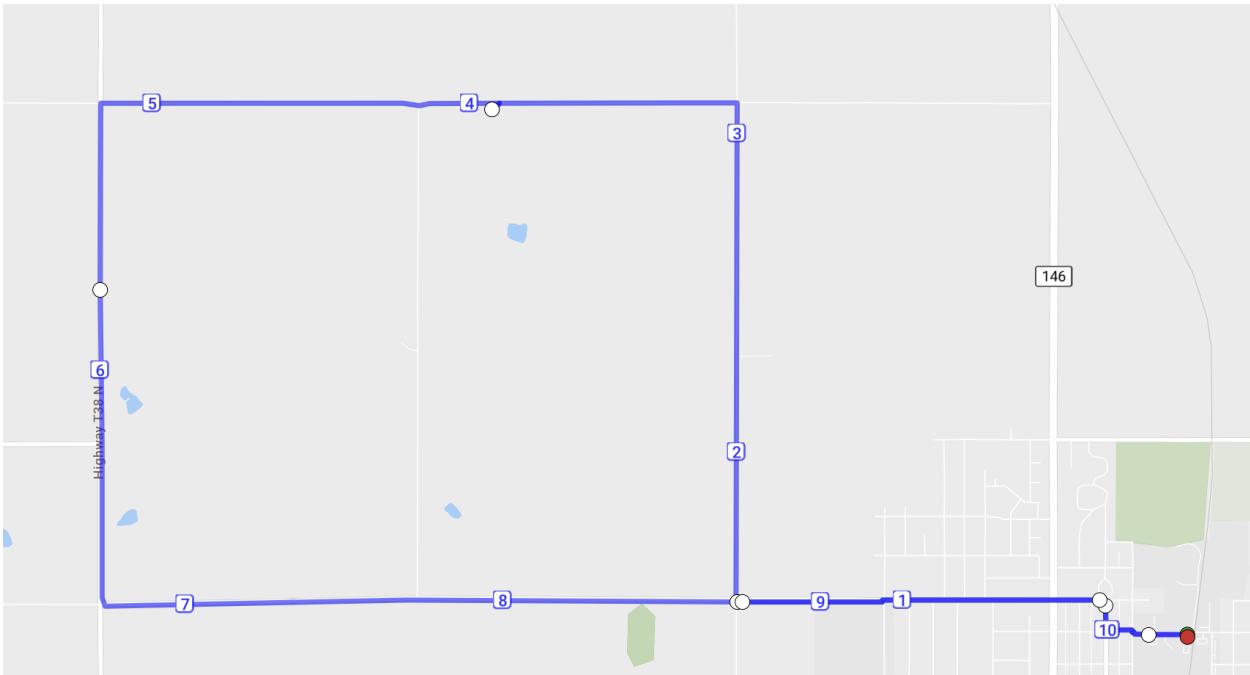
Impound: 10.16 miles



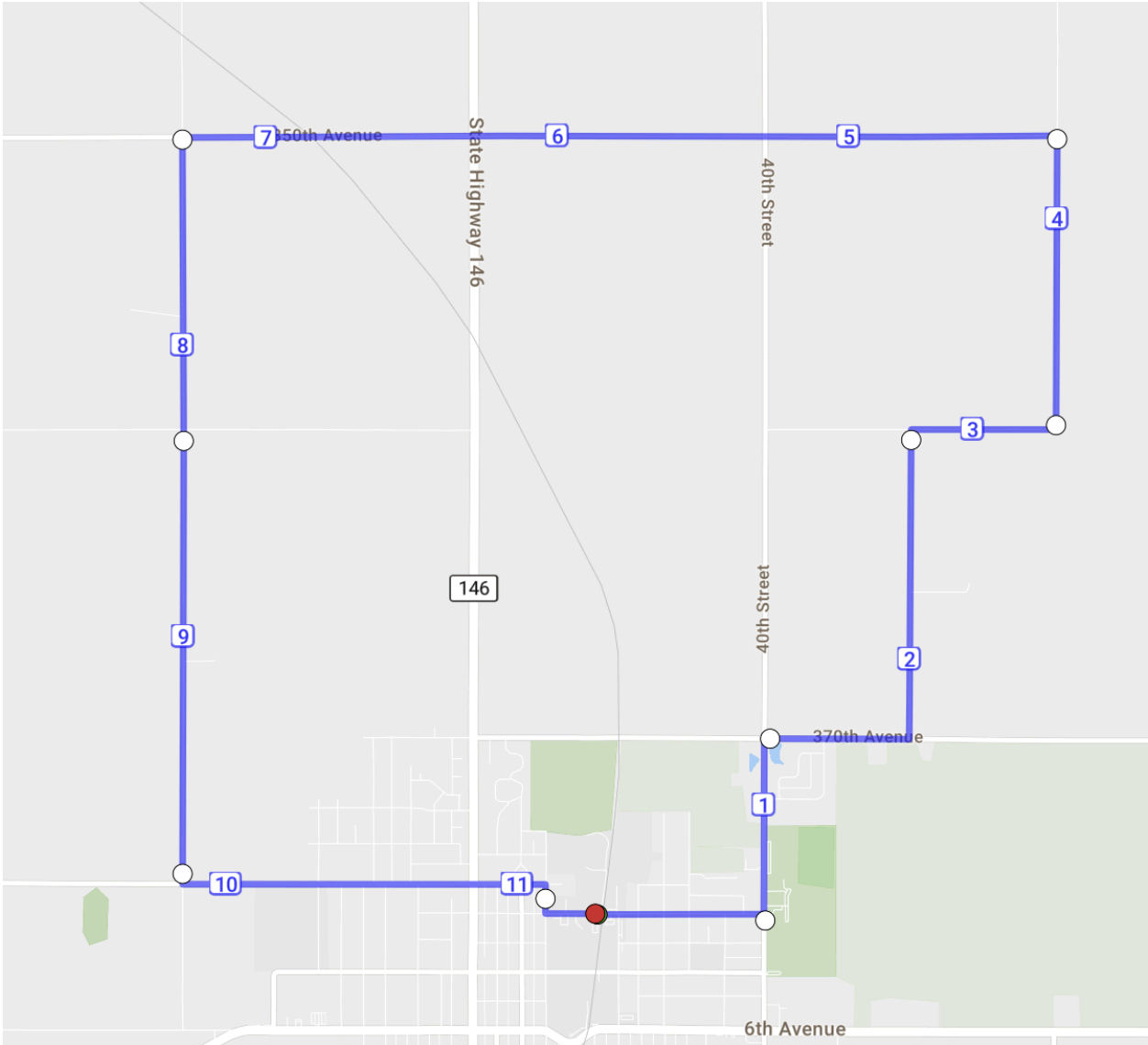
Twincest: 10.25 miles



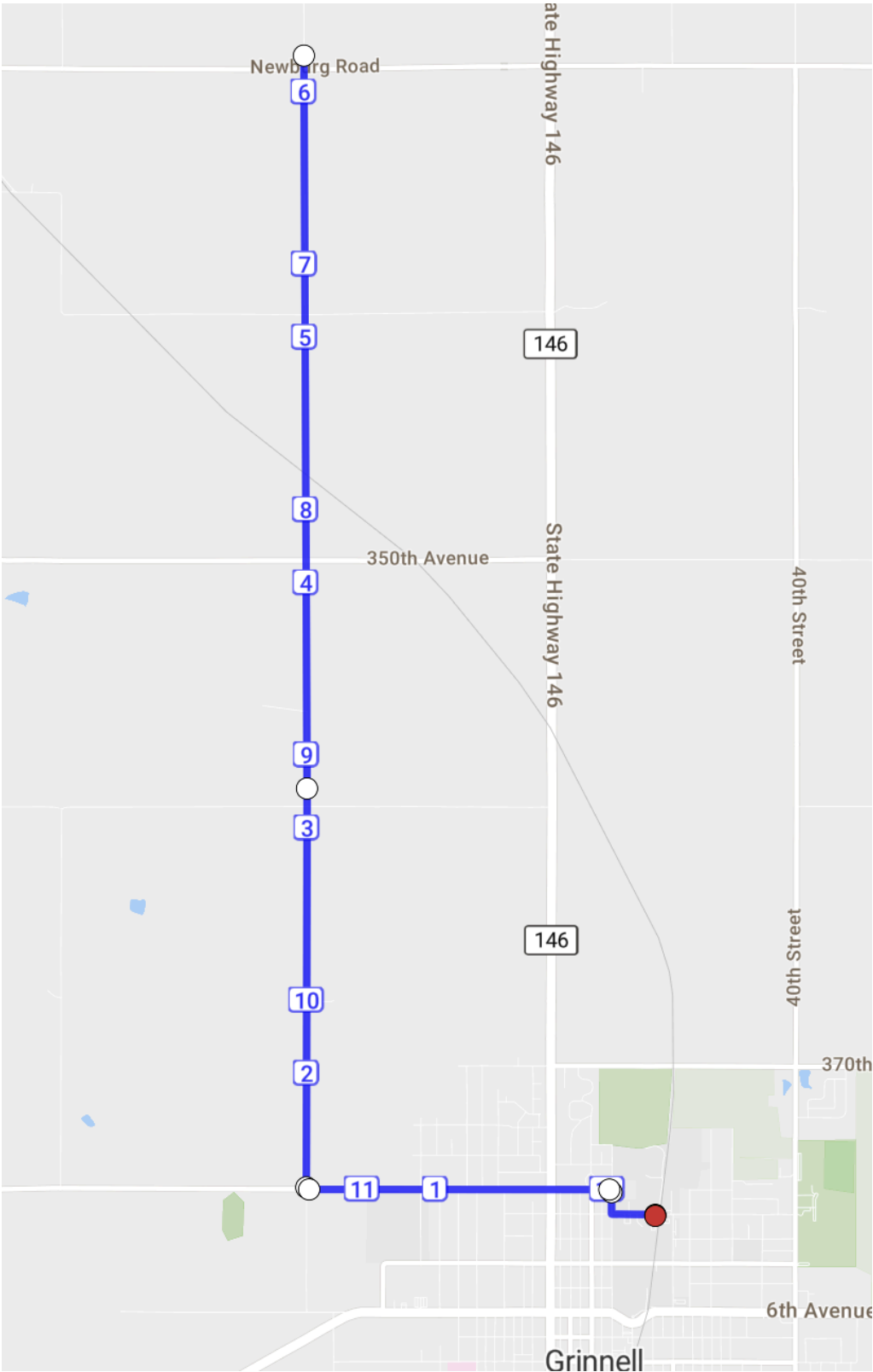
T38: 10.28 miles



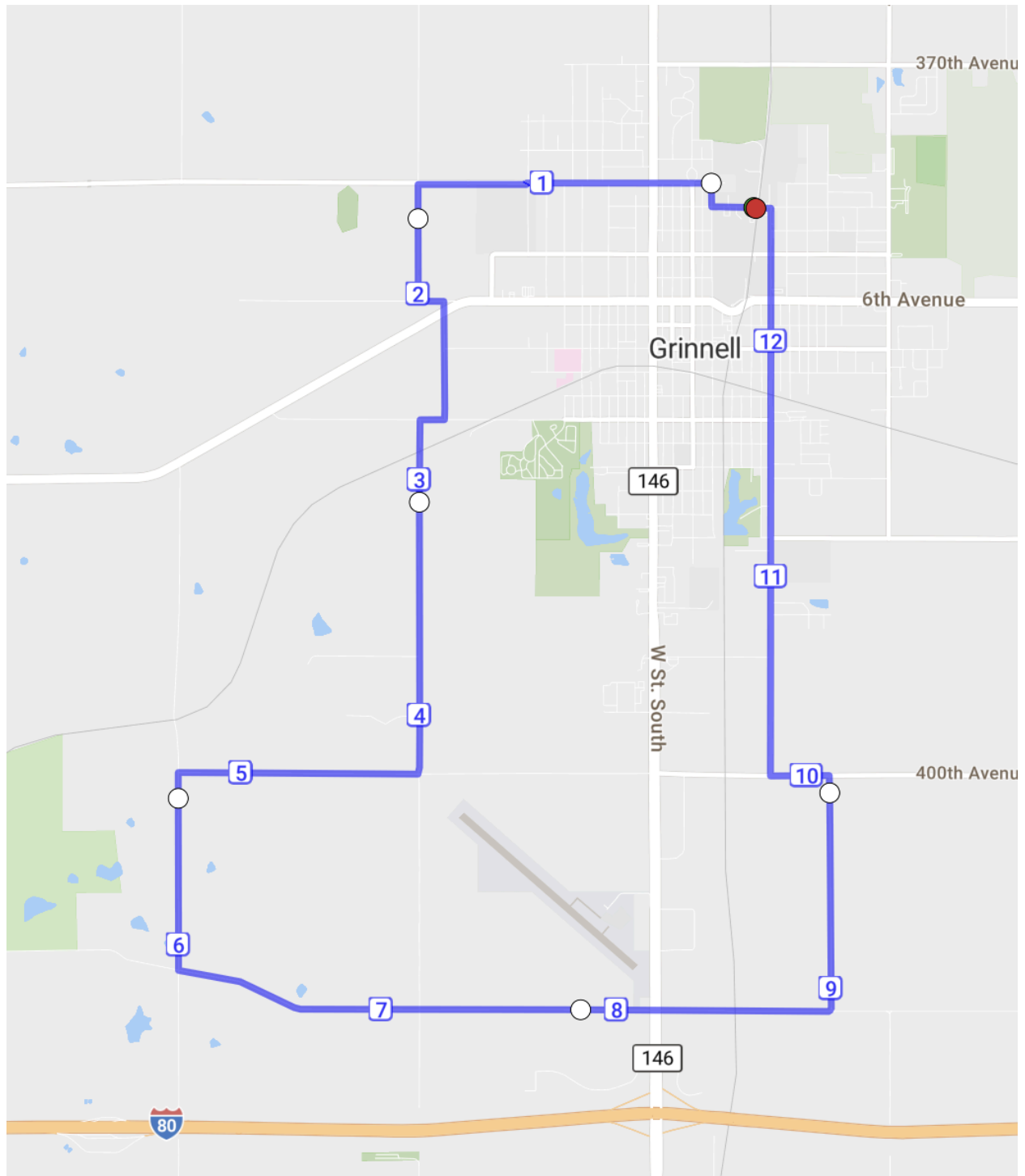
Elysium: 11.37 miles



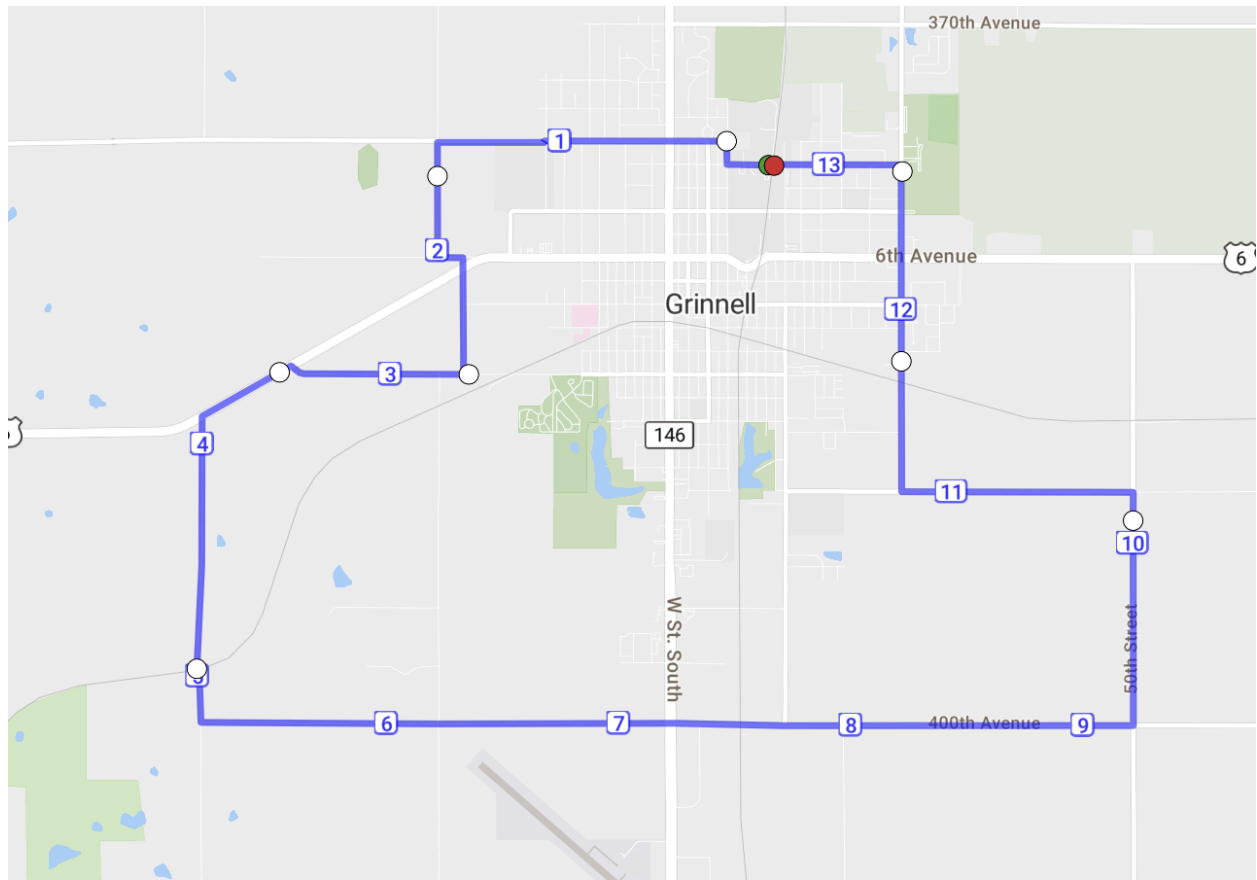
Bunny Trax: 12.3 miles



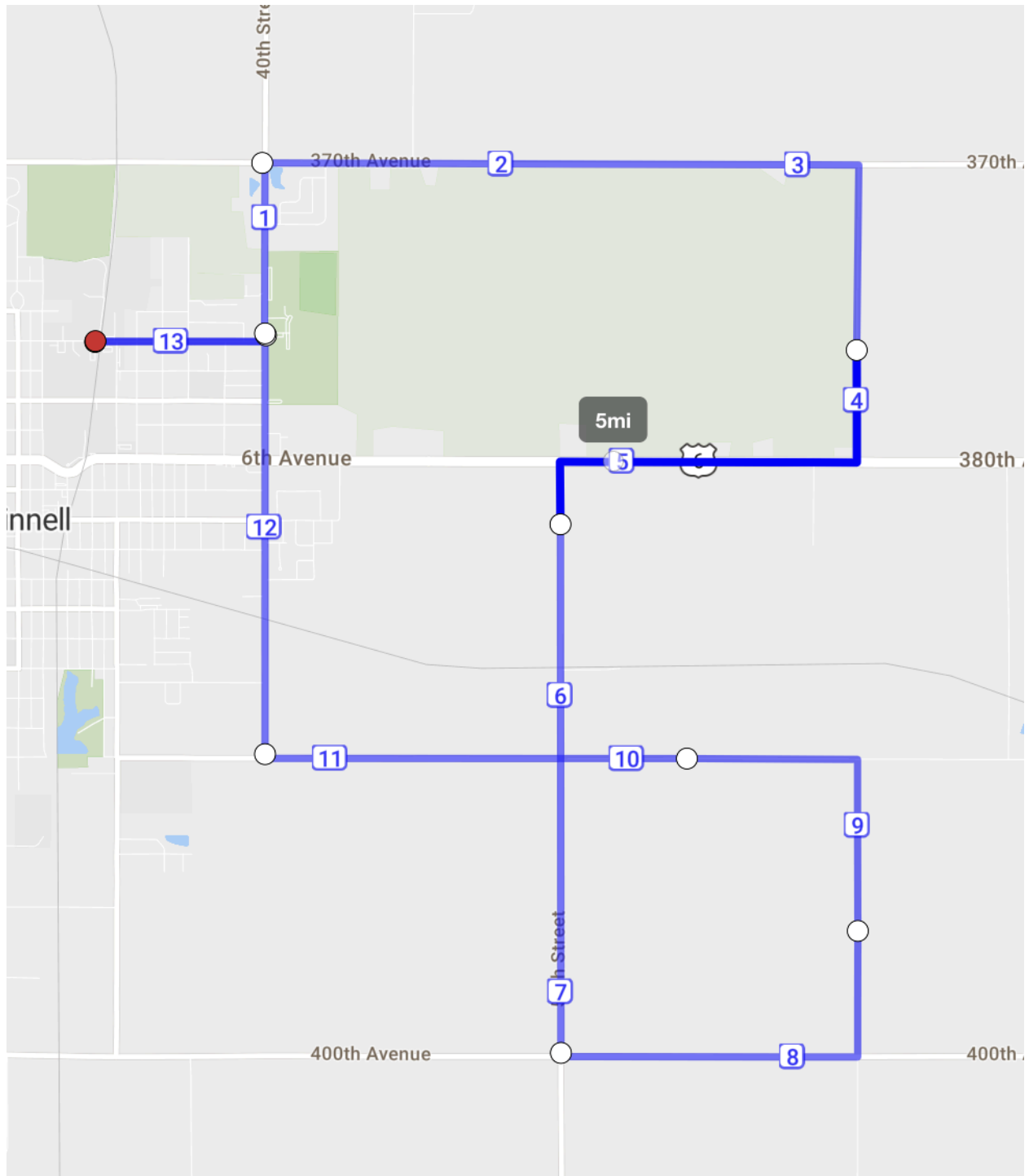
Westfield:12.63 miles



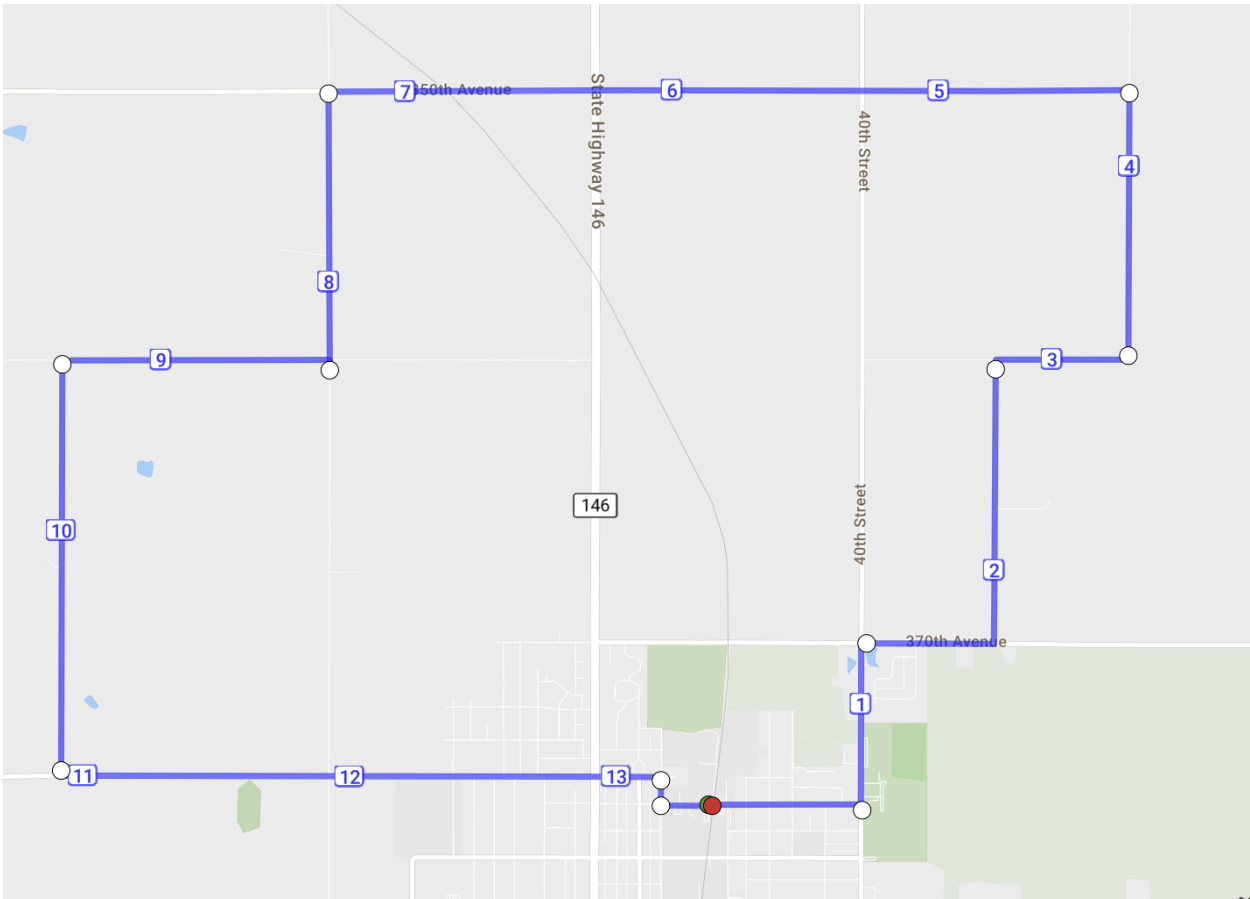
Little Sack: 13.24 miles



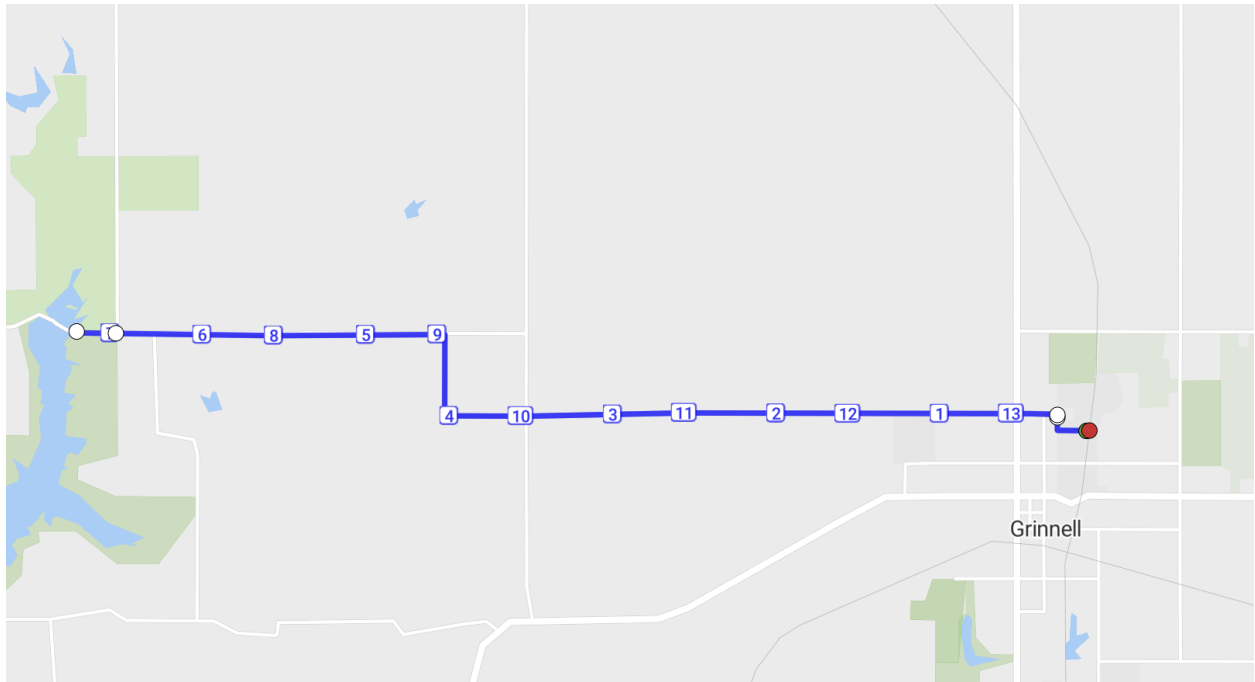
The Barren: 13.26 miles



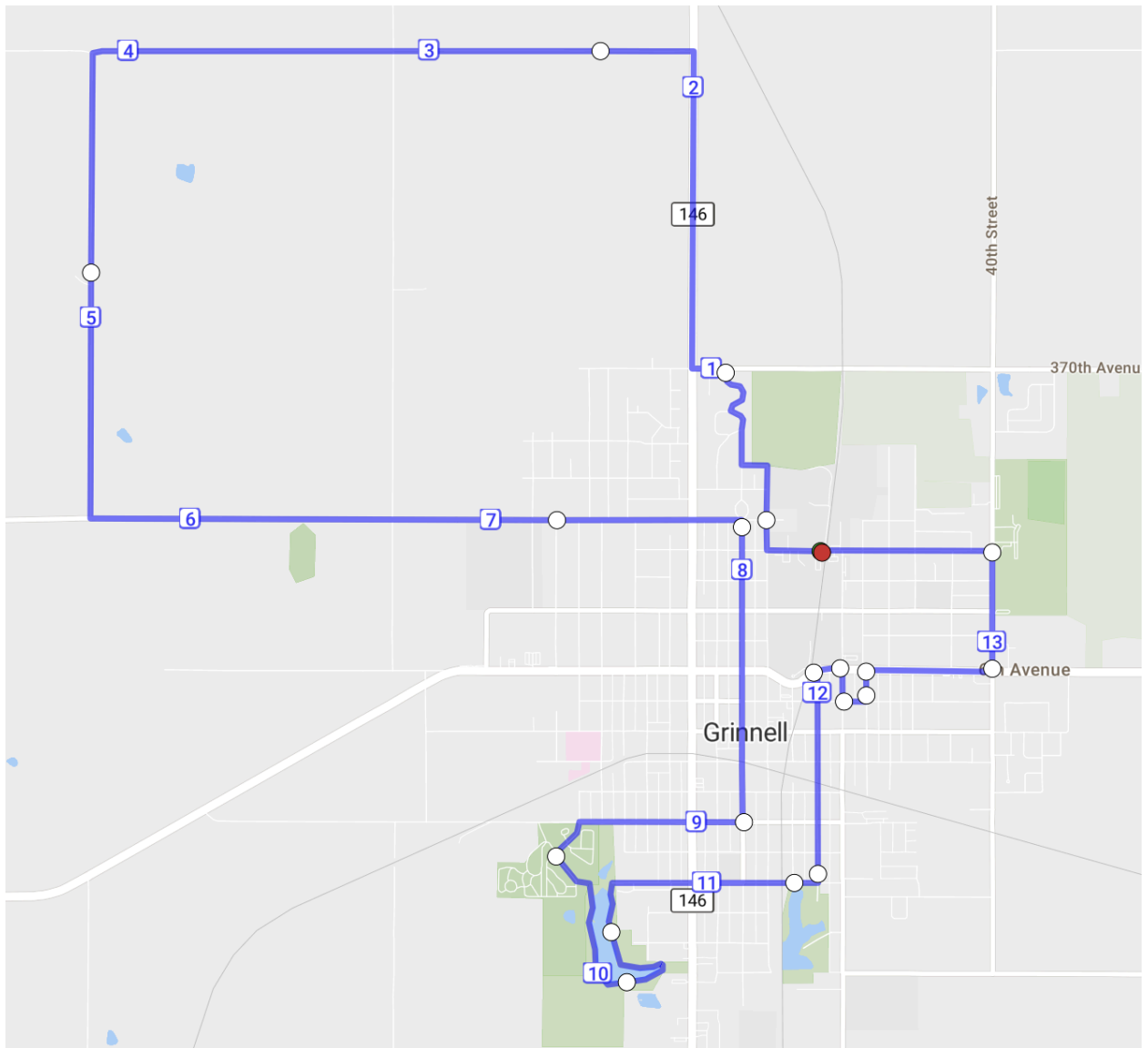
Candy Mountain: 13.48 miles



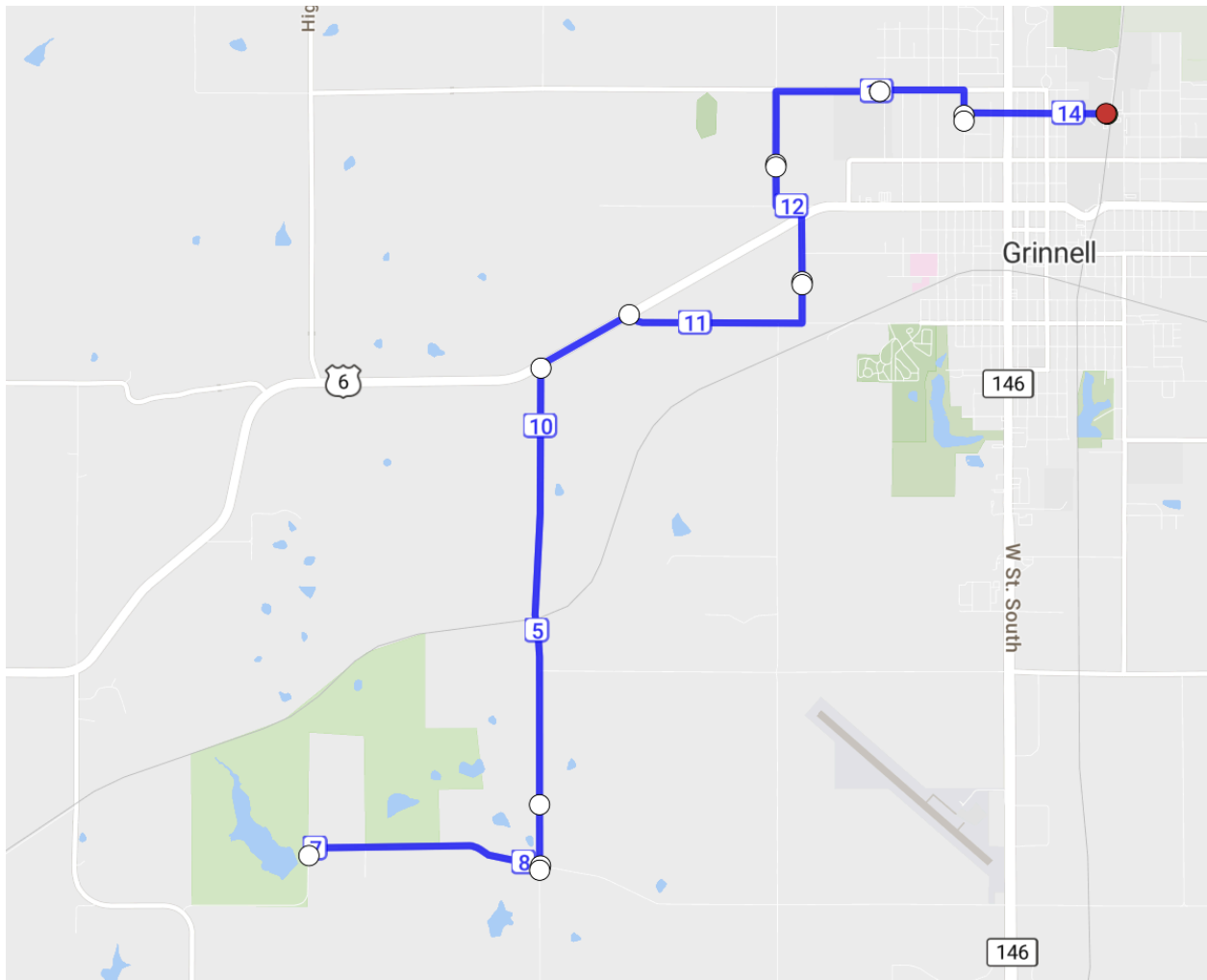
Rock Creek Out and Back: 13.58 miles



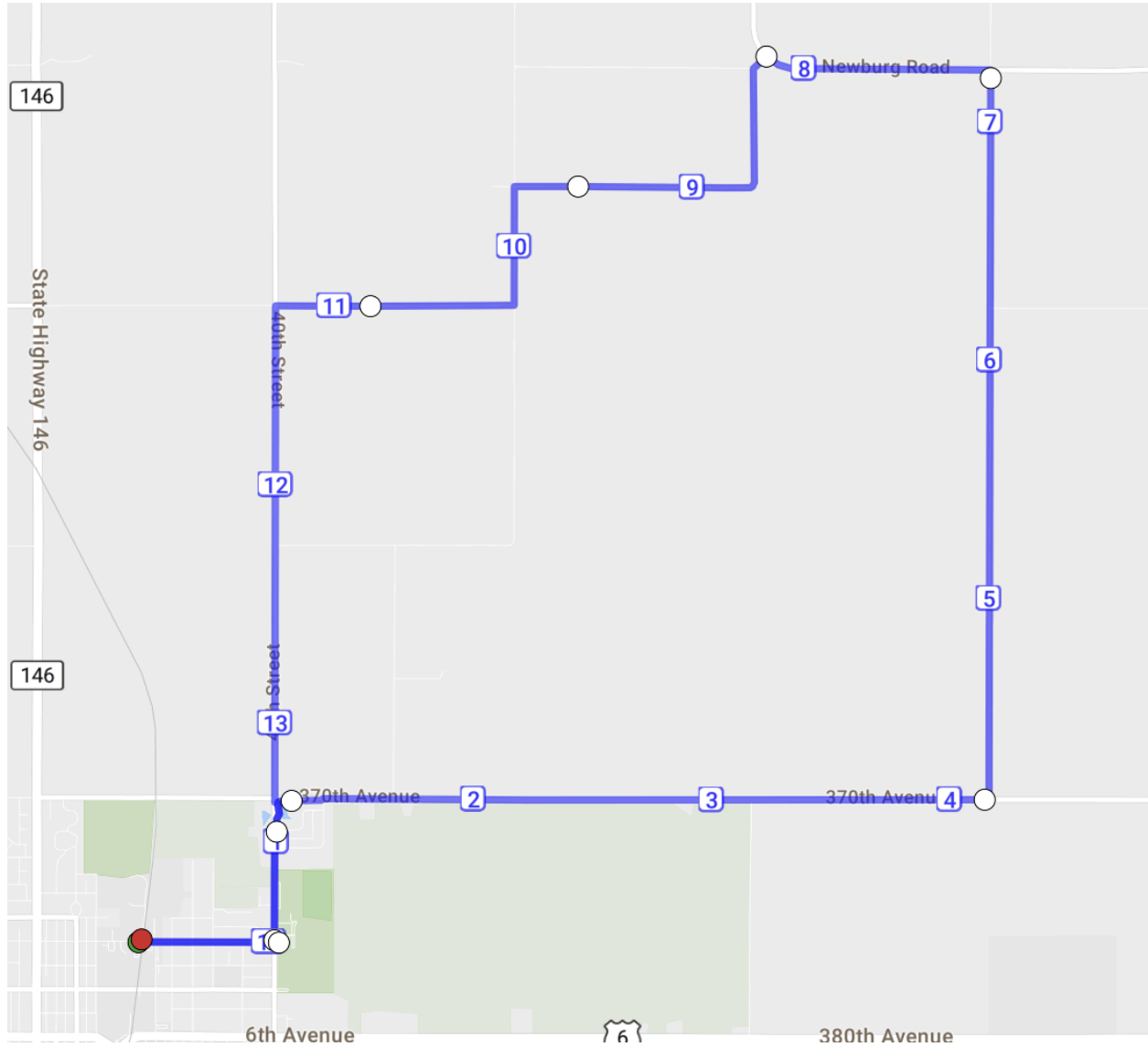
Genesis 13: 13.87 miles



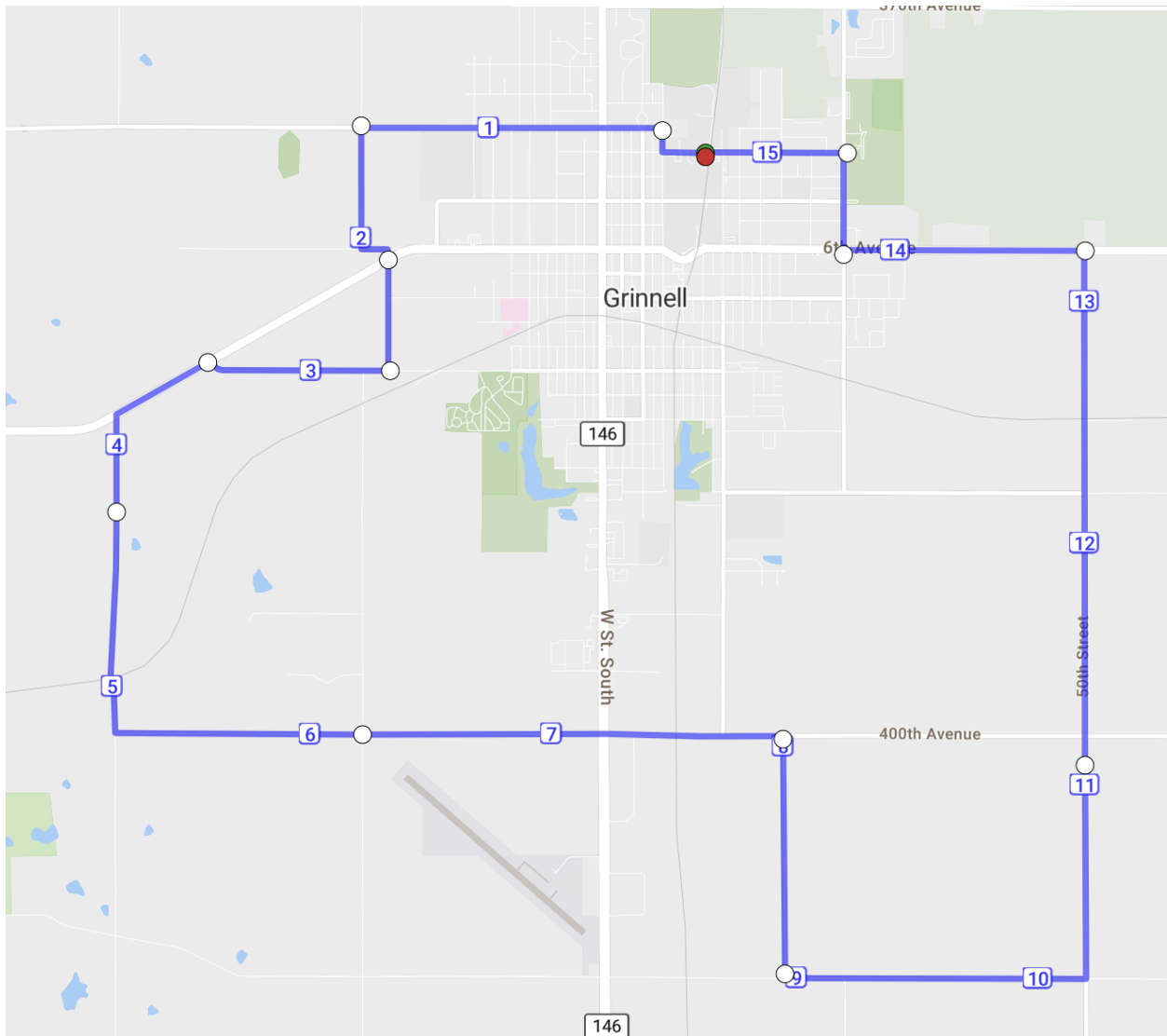
Krumm and Go: 14.16 miles



Preus: 14.55 miles
(named after Steve Preus of Will Freeman's first team, rumored to either make-or-break runners)

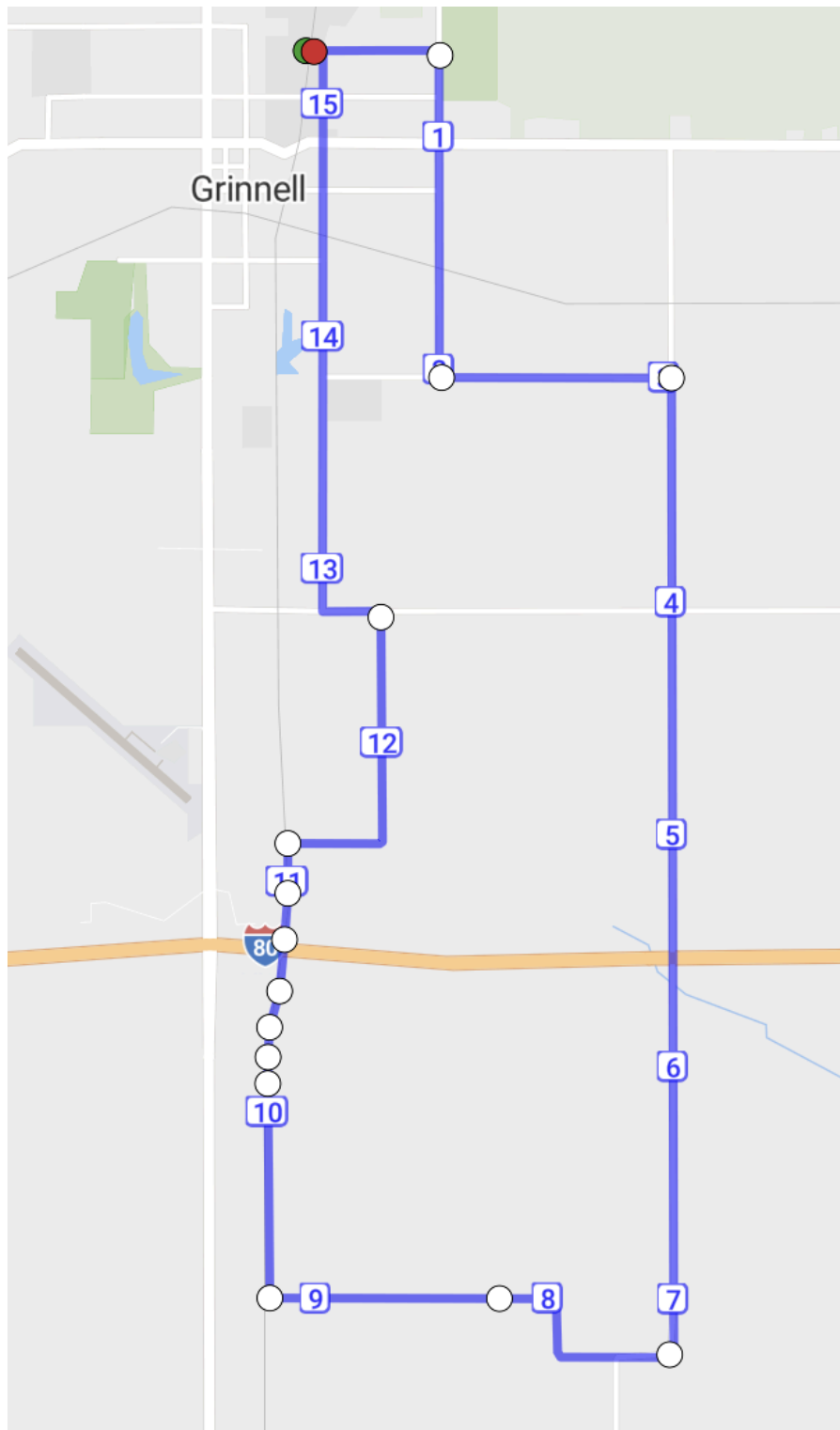


Big Sack: 15.27 miles



Oh \$h*t!: 15.27 miles

Warning: angry dogs, railroad tracks, and unmaintained dirt roads



Slow Boof: 17.85 miles

