.5 Mile Walk/Run (roundtrip = 1 mile)
1. Start at City Hall (Main Street at Adams). Walk south down Main Street to Peabody Place.
2. Start at the Mud Island Walkway Entrance next to City Hall. Follow walkway to Mud Island.
3. Start at AutoZone Park at Third and Union. Walk north on Third to Madison, right on Madison to Fourth, right on Fourth to Union, right on Union to Third.
4. Start on Beale at Wagner. Walk east on Beale to Fourth Street.
5. Start at Vance Park on Bluffwalk (end of Vance). Walk south on Bluffwalk to the end of the bluff.
6. Start at Dr. Martin Luther King, Jr. Avenue and Main. Walk south on Main to Central Station.

1 Mile Walk/Run (roundtrip = 2 miles)
7. Start at flag at Court Square Park and Main Street. Walk south down Main Street to Central Station.
8. Start at the Mud Island Walkway Entrance next to City Hall. Follow walkway to Mud Island. Take a left on Mud Island to southern tip.
9. Start at Jefferson Davis Park on Riverside at Jefferson, walk south on Riverside to Tom Lee Memorial in Tom Lee Park.
10. Start at Monroe on Riverside. Walk south on Riverside to Bluffwalk and stop at end the top of the Bluff.
11. Start at River Inn in Harbor Town. Walk to Island Drive and take left to Auction Bridge, Auction Bridge to Front Street, take a right on Front to Poplar.