Walks & Runs

General guidelines have been established to assist student sponsored groups, any campus affiliated groups or outside agencies, in determining the proper locations and reservation procedures in order to host a run or walk on campus.

Three (3) Possible Routes for Walks or Runs:

Distance Loop (combines inside Brain [campus perimeter] & extended Brain Loops – 3.1 miles). Walks must start/end near Parking Log S1/Bingham Hall. Route will progress around outside of Brain Loop toward the Couper Administration Building. Crossing point will be at entrance to Couper Administration Building/Administration Metered Parking area where event will shift to inside of Brain Loop. At Academic A/Connector Road intersection, event will cross to Connector Road, then turn onto East Access Road. When at intersection of East Access & Brain Loop, will cross to inside of Brain Loop and progress (to left) back around Brain Loop toward Parking Lot S1/Bingham Hall. Last crossing point before finish line will be at Couper Administration Building/Administration Metered Parking area. Any group using this route must secure a minimum of 5 course monitors, or hire UPD (University Police Department) officers. Monitor stations are at: start/finish of race, the crossing point near Couper Admin., sidewalk near Academic A/Connector Road intersection, East Access/Connector Road intersection, and the East Access/Brain Loop intersection. Walks may begin/end at any time of the day, as requested. Timed runs (competitive) must have a start time earlier than 10am in order to ensure the safety of pedestrians around the Brain Loop. If an event is a combination timed race and “fun run/walk,” the event must follow guidelines for a timed event. Animals (unless service of companion) are not allowed on the Distance Loop. Student group reservations for this course are managed through the University Union office. The space is coded as CAMPUS PER on the http://r25union.binghamton.edu website. Off-campus entities must make reservations through the Conference & Event Services by calling 607-777-6200.

Extended Brain Loop (2.3 miles) – Walks must start/end near Parking Lot S1/Bingham Hall. Route will progress around outside of Brain Loop to East Access Road & Connector on sidewalks, when possible. Event will cross to inside of Brain near intersection of Academic A/Connector Road intersection and then transition back to the outside of Brain at entrance to Couper Administration Building. Any group using this route must secure a minimum of 4 course monitors, or hire UPD officers. Monitor stations are at: start of race, East Access/Connector Road intersection, sidewalk near Academic A/Connector Road intersection and the crossing point near Couper Admin. Walks may begin/end at any time of the day, as requested. Timed runs (competitive) must have a start time earlier than 10am in order to ensure the safety of pedestrians around the Brain Loop. If an event is a combination timed race and “fun run/walk,” the event must follow guidelines for a timed event. Animals (unless service of companion) are not allowed on the Extended Brain Loop. Student group reservations for this course are managed through the University Union office. The space is coded as CAMPUS PER on the http://r25union.binghamton.edu website. Off-campus entities must make reservations through the Conference & Event Services by calling 607-777-6200.

(TURN OVER for more Information)
Cross Country 5K Course (3.1 miles) – While there is an “official” start and end spot to the 5K course, decisions as to where the race will start/end will be made based on event date, time and other events scheduled on the East Side playing fields. Start and end spots may be diverted to accommodate multiple events. Any group using this route must secure a minimum of 3 course monitors. Monitor stations are at: start of race, East Access Road crossing, turn around near Parking Lot M0. (Access to the Cross Country 5K Course is seasonal – closed during late Fall/Winter/early Spring – and is not open during inclement weather). It is recommended to place a monitor near the major turn into the Nature Preserve as well. Walks/runs may begin/end at any time of the day, as requested. Student group reservations for this course are managed through the East Gym, Campus Recreation Office. Please contact Cindy Cowden at 777-3125. Off-campus entities must make reservations through the Conference & Event Services by calling 607-777-6200.

Course Monitors
Monitors are required at specific places on the designated routes to assist participants in the safe navigation of the course and to provide directional assistance. Monitors are NOT to stop vehicular traffic, but to help keep participants out of roadways and/or prevent them from blindly crossing/entering roadways and intersections. Timed or larger events that require vehicular traffic be stopped for participants MUST hire UPD officers for this purpose. Course monitors should be clearly visible and identifiable as an event authority or staff member. Highly visible/reflective traffic vests can be rented and signed out at UPD.

COLOR Run Events
Any event that includes the use of coloring agents or dyes must be held on the 5K course. Coloring is NOT allowed on the Brain Loop, Extended Brain, or through the residential areas. Student group reservations for a COLOR RUN are managed through the East Gym, Campus Recreation Office. Please contact Cindy Cowden at 777-3125. Off-campus entities must make reservations through the Conference & Event Services by calling 607-777-6200.