

## **RUNNING ROUTES**

In the Corinth, MS area

Below are a few running routes in Corinth and the surrounding area. Read through them and see which of them appeal to you. Let me say quickly that it's up to you to determine the safety of your running routes, and to take the proper precautions to insure your own personal safety and enjoyment. Get out and check these routes for yourself. If you are female, unfortunately you must be twice as careful!!! Ladies, please DON'T run alone in secluded areas, including Hwy. 350! Be smart and SAFE!!! Your safety is your own responsibility.



### **CORINTH COKE 10k ROUTE**

<http://profile.mapmyrun.com/kwilliams>

Click on URL or cut and paste into your browser for a map.

The Coke 10k route is a wonderful 'city' running route used by many runners. The course starts in front of K.C.'s Coffee Shop. Proceed north, following the red painted arrows located on the pavement. Each mile is marked and the course is accurate (certified) and quickly identifiable. The Finish line is located just south of the intersection of Cruise and Fillmore, just a block north of the railroad. (Interestingly, there are two stone Coca-Cola bottles imbedded in the pavement at the Start and two marking the exact location of the Finish Line.)

Location: Downtown Corinth

Parking: Plenty

Length: 6.2 miles (Accurate)

Traffic: Moderate

Safety\*\*: Good\*\*

Bathroom: One block west of start at Trail Head Park

Route: Out and Back

Description: Gently rolling, shady paved city streets

Water at Start: Trailhead Park

Water on Course: None



### **CORINTH HIGH SCHOOL TRACK**

<http://profile.mapmyrun.com/kwilliams>

Click on URL or cut and paste into your browser for a map.

The public is allowed use of the CHS track except on rare game days. The track is soft and easy on knees and hips and gentle on the feet. It is a metric track, which means each lap is 400 meters. Four laps is a metric mile. (Technically, a metric mile is about 30 feet short of a 5,280 foot mile). If you use the 2nd or 3rd running lane you should come very close to an American mile.

Track work is an integral part of training, regardless of the distance you are training for. You can learn valuable pacing on an accurately measured track, plus do speed work without having to worry about traffic or an accurate course. Some have run as many as 15-18 miles on the track, so bring your MP3 player to reduce boredom.

The “man-gate” on the west side (street side) of the track, near the stadium, is virtually always open. Most of the time there is another gate unlocked and available, but not always.

Remember to reverse direction occasionally. This prevents excess wear on one side of your body. Track Etiquette: Slower runners move to an outside lane to allow faster runners to pass on the inside.

**Location:** Harper Road, Corinth High School

**Parking:** Plenty

**Length:** 400 meters

**Traffic:** None

**Safety\*\*:** Good\*\*

**Bathroom:** Most of the time; on East side

**Route:** Oval

**Description:** Sunny, soft

**Water at Start:** None, bring own bottled water

**Water on Course:** None



## **WARRIOR CIRCLE**

Corinth Jr. High School

<http://profile.mapmyrun.com/kwilliams>

Click on URL or cut and paste into your browser for a map.

There is an accurate course marked on old "Warrior Circle" located behind the Jr. High School on 5th Street. The oval is a seldom used city street that has recently been repaved. It is somewhat like a track, but one will occasionally meet an automobile. It's somewhat isolated, so caution, as always, is recommended. The course has been accurately measured and marked each quarter mile, but it requires some mental exercise to figure it out. So, pay attention to the next paragraph.

Since the "Circle" is larger than a quarter mile, one has to understand that each quarter mile mark is located perhaps 100 feet BEFORE the previous mark. The start is located at the northwest corner of the circle. It is plainly marked "start". You proceed south.

The Circle is also a fairly good place to train for biking, if one is looking for a virtually traffic-free place to ride. One is able to maintain a fairly high rate of speed without being reckless.

**Location:** Corinth Jr. High-Fifth Street

**Parking:** Plenty

**Length:** Circle, approximately 1/3 mile

**Traffic:** Very little

**Safety\*\*:** Fair to Good\*\*

**Bathroom:** None

**Route:** Circle

**Description:** New asphalt, one small hill

**Water at Start:** None

**Water on Course:** None



## **HIGHWAY #350**

<http://profile.mapmyrun.com/kwilliams>

Click on URL or cut and paste into your browser for a map.

One of the most popular, but most difficult courses in the entire area is the east end of Hwy. 350. This roadway is a short, but magnificent 2-lane highway that connects the northern part of Corinth to the Yellow Creek area of Pickwick. When Highway #22 turns north heading to Shiloh, Hwy. 350 continues due east to the popular recreational area know as "Pickwick".

The most popular beginning point of the course is at the intersection of Hwy. #25 and #350. Runners start on the well- marked course heading west. After one half mile the first killer hill looms ahead. The incline is slightly more than one half mile and anyone that reaches the one mile mark in much less than 10 minutes is running hard! The second hill is even higher and is, according to information this writer has heard, the second highest point in Mississippi. Assuming the runner is still living at this point, she has one more peak to summit at the 3.5 mile mark. Then there is a half mile decline before reaching Sharp's Bottom, a remote but very flat stretch ending where Kendrick Road intersects #350, commonly known as The Girl Scout Camp. This intersection is 7.5 miles from the start (each ½ mile is measured and marked).

If one turns around there, she must reverse and prepare for the same hills on her return. If completed, the runner would have conquered one of the most difficult and demanding 15 mile courses in this area.

There are many wonderful stories about Hwy. 350 and the punishment it inflicts upon the too-confident and unsuspecting visiting runners. Consider the following from Ted, brother to Steve Will. Steve and daughter Katlyn had not shared the difficulty of #350 with Uncle Ted, repaying him for talking long and hard about his new running abilities. Below is an email where Uncle Ted described to yet another brother about his visit to Corinth, and why he didn't play golf as planned.

"The "three ladies" or "three hells Belle's" were the peaks of three one-half to three quarter mile inclines on #350. Jogging is a wonderful activity, but as I was limping along with seemingly flat tires wearing all the latest nylon attire, I could only smile at the enjoyment that I must have brought to each of the 17 fishermen that passed pulling their boats to Lake Pickwick. Their comments were certainly classic and I have likely made many of them before. Or, perhaps, there were no comments, just a simple look to one another, shake their heads, smile, and continue the conversation of rising fish and what patterns they will hold today. I guess it's good to know both

sides of the fence but I may be spending a little too much time on the wrong side. Golf would have been a nice activity, but the three “Hell’s Belle’s” also required 3 hours post hydration, 2 hours fuel intake, 1 hour nap, 3 hours of sitting, and then you may have enough energy to walk up to the bedroom to sleep for the night.”

Location: Hwy. 350 and 25, Yellow Creek

Parking: Unpaved red clay hill side

Length: Marked 15 miles to west (30 total)

Traffic: Moderate; log trucks

Safety\*\*: Hazardous! Lone females discouraged!\*\*

Bathroom: Pine trees

Route: Two lane road with shoulder

Description: Very hilly, tough

Water at Start: None

Water on Course: None (pick up your litter!)



## **SHILOH NATIONAL MILITARY PARK**

<http://profile.mapmyrun.com/kwilliams>

Click on URL or cut and paste into your browser for a map.

In April, 1862, General Albert Sidney Johnson lead his troops from Corinth, where they were defending two important railroads, and located General U. S. Grant’s troops at a small church in Southwest Tennessee named Shiloh Church. The ensuing battle involved more than 110,000 combatants of which 24,000 were killed, wounded or missing.

The Shiloh National Military Park was established in 1894 to preserve the scene of the first major battle of the western theater of the Civil War.

Today, Shiloh Park is one of the most beautiful places in the south. It contains 4,000 acres of magnificent gently-rolling and timbered hills. It is perfectly maintained and a breath-taking place to run (or bike). There is a 9.3 mile loop that is fantastic. Start at the Visitor’s Center and follow the “Tour” signs. Maps are available at the Visitor’s Center or online at <http://www.nps.gov/shil/pphtml/maps.html>, but not necessary if you pay attention and watch for the “Tour” signs. Small fees are suggested and annual passes are available but I’ve never been asked to show my pass, plus at 6 a.m. there is no one to pay. No litter and no trespassing after dark (or before daylight). Current record of deer sightings is 37 in one loop.

**Location: Shiloh, TN. 22 miles N. of Corinth**

**Parking: Plenty at Visitor's Center**

**Length: 9.3 mile loop, plus trails available**

**Traffic: Very light.**

**Safety\*\* : Good, but rural and remote\*\***

**Bathroom: Yes, at Start**

**Route: Gentle rolling hills**

**Description: Paved roads (some concrete)**

**Water at Start: Yes**

**Water on Course: No water on course (other than Bloody Pond)**



## **Natchez Trace Parkway**

Another federal property in our area is the Natchez Trace Parkway. The “Trace” is a 400 plus mile controlled access and speed regulated parkway that is an excellent place to run or bike. It is accessible in two places. One is where the Trace crosses Hwy. 72 near Cherokee, AL., approximately 35 miles east of Corinth. The second is just north of Tupelo, at the Visitor’s Center, approximately 40 miles from Corinth.

To access the Trace in Alabama, begin your journey by traveling Hwy. 72 East past Iuka and cross into Alabama. Approximately 5 miles from the State Line the Trace crosses over Hwy. 72. Turn right onto the Trace access road. About one half mile from Hwy. 72 there is a small park with plenty of parking. It’s called (of all things) Buzzard Roost Spring. Yes, there is an interesting spring a short distance down a hillside that meanders down a beautiful hardwood hollow. Be sure and investigate the spring either before or after your run. Begin your run from the little park and in a few hundred yards you will intersect the Trace. This is very close to mile marker 320. The northern route (to your left) takes you through beautiful rolling hills with cattle grazing and row crops like corn and beans are planted in the large and well kept fields. Each mile is marked with a post-sign telling you the number of the mile marker. Run/ride north from #320 to about #328 and you reach the Tennessee River and a large bridge that crosses over it. Use good judgment as you traverse the bridge.

There are no ‘shoulders’ on the road, but traffic is sparse and fairly respectful of runners, and the grassy shoulder is well maintained and easy to run on if you must step off the paved road. But, as always, be careful!

Cycling on the Trace must be absolutely fantastic and about as safe as a public road could be for a biker, which, in my humble opinion, ain’t all that safe!!! So, bikers as well as runners must always be very careful!

**Location:** Natchez Trace, near Cherokee, AL

**Parking:** Plenty at small park

**Length:** whatever you dare

**Traffic:** light.

**Safety\*\*:** Good, but rural and remote\*\*

**Bathroom:** None

**Route:** Gentle rolling hills

**Description:** Paved roads

**Water at Start:** None (You are on your own if you drink from the spring)

**Course:** No water on course

To access the Trace near Saltillo/Tupelo, drive south on Hwy. 45 to Saltillo. Exit on old 45 and

