



# Goddard Space Flight Center Running/Walking Courses, One Mile Route

Employee  
Baltimore  
Washington  
Parkway Gate



### 1-Mile Route – Road and Trail

- Start at Bldg. 97 (Health Unit) heading east and go left past the Daycare Center towards Buildings 19 & 20.
- Make a slight right heading up hill and cross over COBE Rd. to the other side. Look for a large log that marks the start of the trail.
- Take the trail downhill (the Lake will be on your left) until you come to the perimeter fence.
- Go left onto the gravel path until you come back to Explorer Rd. where you will make a left.
- Take Explorer Rd. past COBE Rd. until you come to Bldg. 26.
- Turn right into the Bldg. 26 parking and proceed to the Health Unit.

### 1-Mile Route – Road Only

- Start at Building 97 (Health Unit) heading east and go right past the Daycare Center towards Building 18.
- Turn right on Delta Rd. and go past Buildings 18, 4 & 24 until you come to Explorer Rd. where you make a right.
- Follow Explorer Rd. past Buildings 21 & 26.
- Turn right on COBE Rd. and go past the Lake (on your left) up the hill.
- Turn right on Delta Rd. and continue past Buildings 20 & 19.
- Turn right by the Daycare Center to return to the Health Unit.

## 1 MILE ROUTE

**ROAD & TRAIL**

**ROAD ONLY**

**Miles: 1.12**

**Miles: 1.1**

**Time: 17:43 minutes**

**Time: 16:38 minutes**

(Estimated Completion Time)

(Estimated Completion Time)

**Start and Finish at Building 97**



# Goddard Space Flight Center Running/Walking Courses, Two Mile Route

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### 2-Mile Route – Road and Trail

- Start at Building 97 (Health Unit) heading east and go left past the Daycare Center toward Buildings 19 & 20.
- Make a right on to COBE Rd. heading up hill.
- Pass over Goddard Rd. and by Bldg. 28 and continue past Bldg. 29 until you come to Hubble Rd.
- Go left towards the North Gate and make a U-turn onto the gravel path by the perimeter fence.
- Follow the gravel path downhill. Once you reach the bottom of the hill, look on your left for the large log marking the trail and turn left.
- Follow the trail uphill until you come to COBE Rd.
- Cross over COBE Rd. and make a slight right to Delta Rd.
- Follow Delta Rd. past Buildings 20 & 19 and make a right past the Daycare Center back to the Health Unit.

### 2-Mile Route – Road Only

- Start at Bldg. 97 (Health Unit) heading east and go left past the Daycare Center toward Buildings 19 & 20.
- Make a right on to COBE Rd. heading up hill to Goddard Rd. and make another right.
- Follow Goddard Rd. past Buildings 28 and 5 crossing over Tiros Rd. until you pass Bldg. 8, and make a right onto Explorer Rd.
- Take Explorer Rd. past Bldg. 1 and go left on Delta Rd. (Bldg. 1 will be on your left).
- Turn right on Aerobee Rd. and follow until you make another right onto IUE Rd.
- Follow IUE Rd. past Buildings 30 & 11 and turn left on Explorer Rd.
- Cross over to the other side of Explorer Rd. and continue past Bldg. 26 to the next right onto COBE Rd.
- Head past the Lake to Delta Rd. and make a right towards Bldg. 20.
- Proceed past the Picnic Pavilion to the Daycare Center and make a right to head back to the Health Unit.

## 2 MILE ROUTE

**ROAD & TRAIL**

**ROAD ONLY**

**Miles: 2.0**

**Miles: 2.0**

**Time: 40:00 minutes**

**Time: 40:00 minutes**

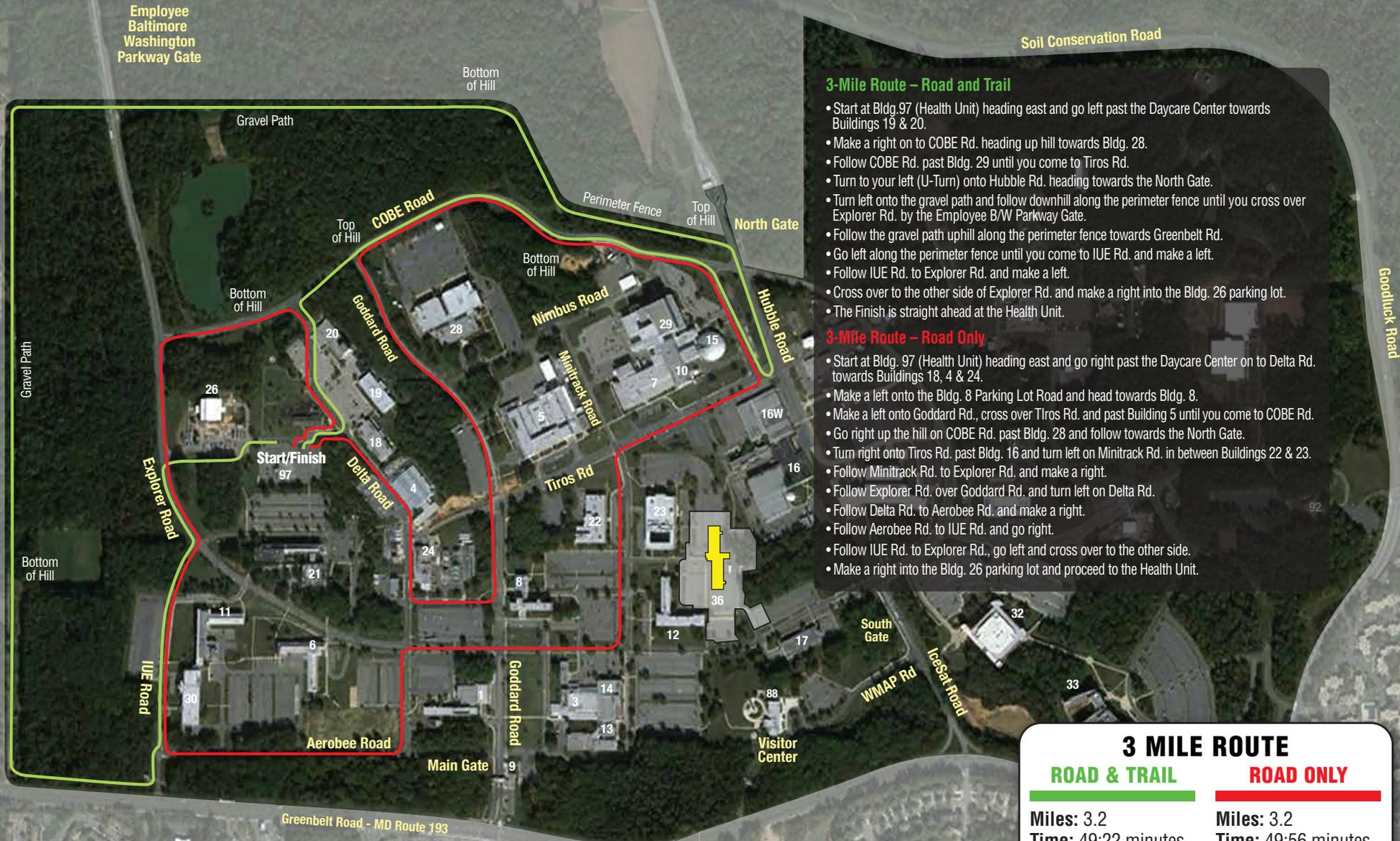
(Estimated Completion Time)

(Estimated Completion Time)

**Start and Finish at Building 97**



# Goddard Space Flight Center Running/Walking Courses, Three Mile Route



- 3-Mile Route – Road and Trail**
- Start at Bldg.97 (Health Unit) heading east and go left past the Daycare Center towards Buildings 19 & 20.
  - Make a right on to COBE Rd. heading up hill towards Bldg. 28.
  - Follow COBE Rd. past Bldg. 29 until you come to Tiros Rd.
  - Turn to your left (U-Turn) onto Hubble Rd. heading towards the North Gate.
  - Turn left onto the gravel path and follow downhill along the perimeter fence until you cross over Explorer Rd. by the Employee B/W Parkway Gate.
  - Follow the gravel path uphill along the perimeter fence towards Greenbelt Rd.
  - Go left along the perimeter fence until you come to IUE Rd. and make a left.
  - Follow IUE Rd. to Explorer Rd. and make a left.
  - Cross over to the other side of Explorer Rd. and make a right into the Bldg. 26 parking lot.
  - The Finish is straight ahead at the Health Unit.

- 3-Mile Route – Road Only**
- Start at Bldg. 97 (Health Unit) heading east and go right past the Daycare Center on to Delta Rd. towards Buildings 18, 4 & 24.
  - Make a left onto the Bldg. 8 Parking Lot Road and head towards Bldg. 8.
  - Make a left onto Goddard Rd., cross over Tiros Rd. and past Building 5 until you come to COBE Rd.
  - Go right up the hill on COBE Rd. past Bldg. 28 and follow towards the North Gate.
  - Turn right onto Tiros Rd. past Bldg. 16 and turn left on Minitrack Rd. in between Buildings 22 & 23.
  - Follow Minitrack Rd. to Explorer Rd. and make a right.
  - Follow Explorer Rd. over Goddard Rd. and turn left on Delta Rd.
  - Follow Delta Rd. to Aerobee Rd. and make a right.
  - Follow Aerobee Rd. to IUE Rd. and go right.
  - Follow IUE Rd. to Explorer Rd., go left and cross over to the other side.
  - Make a right into the Bldg. 26 parking lot and proceed to the Health Unit.

<b>3 MILE ROUTE</b>	
<b>ROAD &amp; TRAIL</b>	<b>ROAD ONLY</b>
<b>Miles: 3.2</b>	<b>Miles: 3.2</b>
<b>Time: 49:22 minutes</b> (Estimated Completion Time)	<b>Time: 49:56 minutes</b> (Estimated Completion Time)
<b>Start and Finish at Building 97</b>	



# Goddard Space Flight Center Running/Walking Courses, 4 & 5 Mile Routes



- 4-Mile Route – Road and Trail**
- Start at Bldg. 97 (Health Unit) heading west towards the Bldg. 26 parking lot.
  - Turn right onto Explorer Rd. heading towards the Employee B/W Parkway Gate.
  - Cross over to the other side and make a left onto the gravel path along the perimeter fence.
  - Follow the gravel path up hill past the garden plots and make a left at Greenbelt Rd.
  - Follow the dirt path along the perimeter fence until you come to IUE Rd., make a quick left, and then a right onto Aerobee Rd.
  - Follow Aerobee Rd. across Goddard Rd., the Main Gate, and Bldg. 3 to Minitrack Rd.
  - Make a left onto Minitrack Rd. past Buildings 13, 14, 12, 22 and 23, and go right onto Tiros Rd.
  - Follow Tiros Rd. to Hubble Rd. and make a left towards the North Gate.
  - Turn left before the North Gate onto the gravel path along the perimeter fence.
  - Go downhill along the gravel path until you see the Employee B/W Parkway Gate and go right on Explorer Rd.
  - Follow Explorer Rd. crossing over COBE Rd. to the Bldg. 26 Parking Lot and go left.
  - Proceed to the finish at the Health Unit.
- 5-Mile Route – Road and Trail**
- Start at Bldg. 97 (Health Unit) heading west towards the Bldg. 26 parking lot.
  - Make a right turn onto Explorer Rd. towards the Employee B/W Parkway Gate.
  - Cross over to the other side and make a left onto the gravel path along the perimeter fence.
  - Follow the gravel path up hill past the garden plots and make a left at Greenbelt Rd.
  - Follow the dirt path along the perimeter fence until you come to IUE Rd., make a quick left, and then a right onto Aerobee Rd.
  - Follow Aerobee Rd. across Goddard Rd., the Main Gate, and Bldg. 3 to Minitrack Rd.
  - Make a quick left onto Minitrack Rd. and go right through the Parking Lot towards the Visitor Center.
  - Go left along the Parking Lot perimeter and make a right onto Explorer Rd.
  - Follow Explorer Rd. past Bldg. 17 and the South Gate onto the East Campus.
  - Turn right onto AQUA Rd. past Bldg. 31 to the Rec Center and make a U-Turn to head back the way you came.
  - Take AQUA Rd. to Explorer Rd. and make a left.

- Follow Explorer Rd. to Hubble and make a right past Buildings 34, 16 and the Centrifuge towards the North Gate.
- Make a left onto the gravel path along the perimeter fence.
- Go downhill along the gravel path until you see the Employee B/W Parkway Gate and go right on Explorer Rd.
- Follow Explorer Rd. crossing over COBE Rd. to the Bldg. 26 Parking Lot and make a left.
- Proceed to the finish at the Health Unit.

<b>4 MILE ROUTE</b> <b>ROAD &amp; TRAIL</b>	<b>5 MILE ROUTE</b> <b>ROAD &amp; TRAIL</b>
<b>Miles:</b> 4.00	<b>Miles:</b> 5.00
<b>Time:</b> 1:00:02 minutes (Estimated Completion Time)	<b>Time:</b> 1:15:00 minutes (Estimated Completion Time)
<b>Start and Finish at Building 97</b>	