

Where to Run in Tucson

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While summertime heat in Southern Arizona can make an outdoor run difficult and tiring, it can also provide a great workout and quick way to sweat it out. Here are some great places around Tucson for a morning, afternoon, or night run.



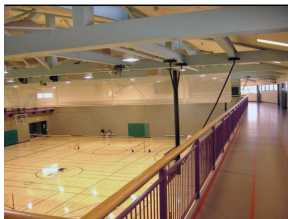
Morning

Sabino Canyon

If you are in the mood for a long run, Sabino Canyon may be the spot for you. Start at the Sabino Canyon Visitor Center and follow the paved road as it twists through the park. Runners will experience majestic views of the Catalina Mountains throughout their workout. When you reach the end of the road, turn around and run back to start. Bring lots of water, as this is a 7.4-mile run in total.

Old Spanish Trail

Your Old Spanish Trail run will begin on Broadway and go all the way through to the entrance of Colossal cave. Old Spanish Trail is a great place to run because the paved bike paths are roomy and there are an abundance of rolling hills and breathtaking views of the valley. The course is 5 miles in total.



Afternoon

Udall Park

Morris K. Udall Regional center is located east of Sabino Canyon on Tanque Verde Road and is the perfect place to run on a hot afternoon. The park features an indoor track as well as an outdoor track. Start off outdoors and if it gets too hot, move inside for a cool down. Shaded ramadas are also spread out across the park incase the heat gets to be too much. The park also includes an indoor gym area for strength training or other exercises.

Randolph Golf Course at Reid Park

Start at Hi Corbett Baseball Field in Reid Park for this fun and easy run. Follow the paved path north and circle around Randolph Municipal Golf Course. The loop is three miles total, and includes mileage markers at every quarter mile to let you know how far you are running. This relatively short run is great if the only time you have to run is in the afternoon heat.



Evening

The University of Arizona

The University of Arizona campus is a great place to run at night because it is well lit and safe. A day run at the University can be crowded and difficult, but when classes end and the crowds disperse, the university is a beautiful setting for an evening run. Also, the campus features Bluelight phones that give direct access to the university police department in case of emergency. A blue light marks each phone. If you begin to feel unsafe, this is an added form of security.

Meet Me at La Encantada

If you prefer to run with others, Meet Me at La Encantada is a great way to get in shape and meet new people. Every Wednesday a group gets together for a run on a 3-mile route. Check-in is at 5:15 p.m. at the lower level center courtyard. Go at your own pace, and enjoy the beautiful grounds of La Encantada. Restaurant discounts are available with your Meet Me at La Encantada hand stamp! A similar group gets together every Monday evening for Meet Me at Maynards in downtown Tucson.

www.meetmeatlaencantada.com.