

NBK Bangor

~2.25 Miles

Start out at the back of gym. Follow to Trigger Ave. Turn left on Trigger. Cross Trigger at Ohio. Stay on Trigger to Nautilus. Turn right on Nautilus. Follow to end of road. Turn around and follow same route back.

~ 3 Miles

Start out at the back of gym to Trigger Ave. Turn right on Trigger. Turn right on Silversides. Turn right on Scorpion. Turn right on Trigger. Cross Ohio. Take right onto Gato. This will take you to the back of the gym.

~ 5 Miles

Start out at the front of gym and turn right onto Ohio. Turn right onto Trigger. Turn left onto Thresher. Follow Thresher through West Family Housing to the perimeter road. Take left onto perimeter road and follow about 1.5 miles to Nautilus. Make left onto Nautilus. Turn left on Trigger. Turn right onto Ohio and follow to the front of the gym.

~ 8 Miles

Start out at the back of gym to Trigger Ave. Turn right onto Trigger. Turn left onto Thresher. Follow Thresher to the perimeter road. Turn left onto perimeter road and follow 1.5 miles to Nautilus. Turn right onto Nautilus and a left onto the perimeter road down to Trigger Gate. Take left onto Trigger. Turn right onto Scorpion, stay on the right side of the road. There you will pick up the dirt perimeter road. Follow fence line past Marine Barracks. Turn right past the Marine Obstacle Course. Continue on perimeter road following fence to Tagtug Circle. Turn right onto Tagtug to Huntley. Turn right onto Huntley and follow to Trident. Turn left onto Trident to Trigger. Turn left onto Trigger to Ohio. Turn left onto Ohio and follow to the front of the gym.

RULES OF THE ROAD

1. You must have your ID on your person at all times.
2. Wearing portable headphones, earphones or other listening devices while walking or jogging on streets/roads is prohibited.
3. You are encouraged to wear reflective clothing while walking or jogging on streets/roads.

