

# Happy trails: jogging routes in Chapel Hill

Chapel Hill is a running town. People run off frustration. People run off pizza. People run to clear their brains or to stay in shape. People run because Chapel Hill seems to have been custom-made for runners. It has been blessed with a multitude of charming roads, back streets, and trails of which runners can take advantage.

The Intramural Office has posted a Running Trails bulletin board and printed a Running Trails booklet, but I'm going to update these with a brief sampling of some of my favorites. Some routes were introduced to me on the cross-country team last year; some I've made up as I've gone along or stumbled upon them, and some are well known within the running community. Maybe one of your favorites will be on the list. Distances are rough approximations from Woollen Gym and back.

## IMs & Clubs

By LINDA ROBERTSON

**Good ol' Gingham:** This little loop just off Country Club Road across from the Paul Green Theater never seems to get boring, even after countless runs. The houses and wooded valley are eye-catching. Unfortunately assaults have been reported, so you may want to tail another of the many runners who use this route and stay within screaming distance.

**Dog Day Afternoon or Lamin Go Home:** Most runners have acute canine paranoia. Every time I take this route, I come across a collie who looks as if he's been trained to maul on sight. But he just wags his tail and never steps out of the yard. The other dogs on this route bark a lot, but if you bark back they run away. The beautiful houses and rolling hills make this an enjoyable run. Take Mason Farm Road to Otey's Road and turn right. Cross 15-501 and turn left. Turn right at the "Stop Disco" sign at King's Mill Road and loop back around Coker and retrace your steps.

## Fencers take win

In a match that looked closer than it really was, the UNC men's fencing squad defeated Duke 15-12 in Carmichael Auditorium Tuesday night.

The UNC women's A and B teams also defeated their Blue Devil counterparts to make it a clean sweep in the Tar Heel fencers' final home appearance of 1981.

Increasing their Atlantic Coast Conference mark to 6-1, the men's squad jumped out to an early 7-2 lead against Duke.

Chris Heinlein, fencing in place of injured co-captain Larry Turner, captured 2 of 3 bouts. Senior co-captain Bill Lasley and foil man Steve Bachmann each turned in 2-0 performances.

UNC will try to avenge its only conference loss tonight at Clemson. A win would give the Tar Heels a tie for the ACC championship.

**For the Masochist:** If you've just failed that econ test you know you should have studied for, try this hill and you'll study diligently next time. Take Rosemary Street until turning left on Boundary and then right on North. Bear left on Tenney Circle and Lone Pine Road will be off to your left. The dead end sign aptly describes how you'll feel when finished. Try to turn on the brakes as you jog down Lone Pine Hill at knee-knocking speed and at the bottom turn around and sprint to the top. It's the closest you'll come to running up a 90 degree slope. (4 miles)

**Better Homes and Gardens:** The houses around Chapel Hill are truly beautiful with lots of personality. Anywhere you run you will see them. This route has some of the best. Laurel Hill is a close second. The flowers will be out soon, too. Run past Whitehead dorm and Chi Phi on McCauley, take a left on Ransom, then right on W. University. Bear right on Westwood and follow this until you come out on Columbia near the hospital. (4-5 miles)

**What Comes Down Must Go Up:** This is a fundamental law of geography in Chapel Hill because when you leave the campus, you will inevitably have to run back up the hill to get back. They didn't name it Chapel Hill for nothing. This is also the golf course route. Simply head down 54 toward Slug's. You'll feel like running champ Bill Rodgers at the be-

ginning because it's a nice cruise downhill. Turn right at Slug's and follow the road past the sewage treatment plant (avoid breathing deeply here). Cross 15-501 and head up steep Laurel Hill Road.

You may miss the beauty of Laurel Hill since at this point you'll feel more like Rosie Ruiz looking for a subway ride. An alternative is taking the gravel road to the left of the base of Laurel Hill and following a path that veers off to the left through the woods and comes out near Boshamer Stadium. (5 miles)

To enlarge the golf course route, keep going past Slug's and turn right at the little dilapidated gas station. Follow this road and turn right at the UNC Faculty Club. Cut through by the basketball court and there's a lovely path through the woods which comes out by the golf course driving range. (7 miles)

**Exhaust-ed:** Also known as the Blue Cross, Blue Shield run. There are lots of cars on this route for those of us used to more cosmopolitan running. Take 15-501 all the way out past University Mall, past Coggin Ford, past University Massage and turn around at the Blue Cross, Blue Shield building and come back running

(of course) Franklin Street's hill. (8-9 miles)

**Psychology Experiment:** I call running through the North Carolina Botanical Gardens a psychology experiment because you'll feel more like a rat trying to find its way out of a maze and it's a real test of the nerves not to panic when you get lost. It is pretty back there if you can find your way out.

There are hundreds more. But I'm out of breath. As Roy Rogers says, "Happy trails to you!"

**Notes:** The men's Bowling team completed a 7-3 season with a win over The University of North Carolina at Charlotte, leaving them tied for first in the division with Appalachian State University. Dave Ebert averaged 217 and Henry Frye had a 917 set. The women's team wound up in third place with a win over UNCC. Donna Tuttle had an 888 set.

The Hockey team plays The University of North Carolina at Greensboro in the ACC semifinals tonight at 6 p.m. Should the team beat UNC-G — and chances are good, according to president Bill Detmer — the team will play Duke Sunday at 8:45 p.m. for the ACC championship.



**Sports**

- Men's Swimming in ACC Tournament in Clemson.
- Fencing at Clemson.

## Heels in ACC

The North Carolina swimming team will try to win its first Atlantic Coast Conference title since 1964 and to snap N.C. State's 10-year winning streak when the ACC Tournament opens today in Clemson, S.C.

The Tar Heels are ranked as co-favorites with the Wolfpack. Carolina posted an 8-2 record in the regular season, highlighted by a 59-54 defeat of State on Feb. 15 in Raleigh.

Ken Ireland, titlist in the 100- and 200-yard backstroke for the past two years, will lead the Carolina swimmers. Roger Vredevelde also will defend his title in the 200-yard individual medley.

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"News in Brief" every day in *The Daily Tar Heel*

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