UAB Medicine Trail: 0.4 miles (5 laps=2 miles)
Children’s of Alabama Trail: 0.6 miles (5 laps=3 miles)
John Whitaker Extension: 0.15 miles (roundtrip=0.3 miles)
UAB Medicine Indoor Trail + John Whitaker Ext: 1 lap=0.7 miles
UAB Medicine/Children’s of Alabama: 1 lap=0.9 miles
UAB Medicine/Children’s of Alabama + John Whitaker Ext: 1 lap=1.2 miles