

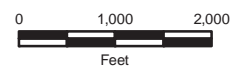
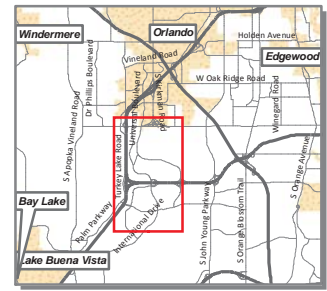
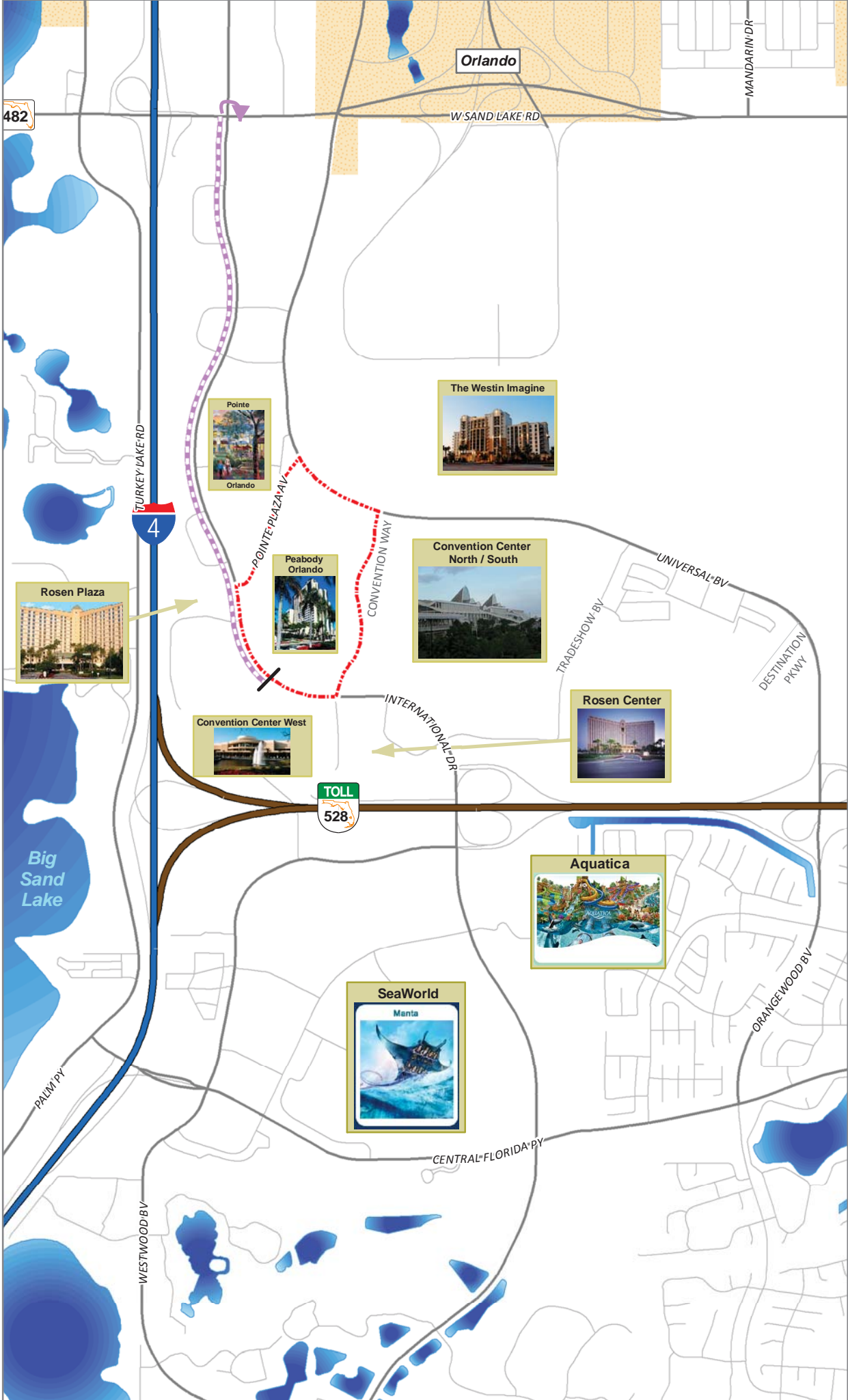
# INTERNATIONAL DRIVE RUNNING ROUTES



## LEGEND

- - - Route 1 - 1.7 Miles
- - - Route 2 - 3.2 Miles

- Major Streets
- Streets
- City
- Lake



1 inch = 2,000 feet



## Safety Tips:

- Inform your friends or family of your exercise destination and expected time of arrival and return.
- Charge your cell phone and carry it with you in addition to personal identification.
- Carry a small light source in a pouch on you or in your car.
- Do not hide your key, carry it with you and secure your room or car while exercising.
- Stay alert to your surroundings.
- Walk or run facing traffic.
- Walk or run in the daylight.
- Walk or run with a known companion.
- Stay in a familiar area.
- Avoid heavily wooded, poor lighted or secluded areas, especially if alone.
- Don't walk or run with headphones. If you do, only use one ear bud.
- Wear bright & reflective colored clothing and shoes to improve your visibility.
- Try not to wear jewelry.
- Vary your route pattern. Don't walk or run the exact same route every day.
- Carry a whistle or high decibel battery powered alarm device when you exercise.
- If followed go to the nearest residence, open business or group of people.
- **If you observe suspicious people or activities, call the Orange County Sheriff's Office immediately.**

**Emergency - 911**

**Non-Emergency**

**407-836-HELP (4357)**

**407-254-7433**

## Routes:

### Route 1 – 1.7 mile loop

Begin at the Convention Center West Building.

Head north along International Drive to Pointe Plaza Avenue.

Turn right at Pointe Plaza Avenue to Universal Boulevard.

Turn right heading east on Universal Boulevard.

Turn right heading south on Convention Way.

Turn right heading northwest at International Drive back to the starting point

### Route 2 – 3.2 miles (both directions)

Begin at the Convention Center West Building.

Head north along International Drive.

Continue to Sand Lake Road and then turn around to return.

Head south on International Drive back to the starting point