

Week Three

Monday, May 2nd
&
Wednesday, May 4th

We will meet at **University Park Elementary School, 554 Loftus Rd.** To be credited with attendance for Week Three you must attend either Monday or Wednesday, BUT you are welcome to attend both.

Guest Coach: TBA


Park: School Parking Lot


Check in: Couch to 10K table

Goal: Walk or jog for 40 minutes

Route Length: Approximately 2.37 mi

Safety Concerns: ⚠ Multiple road crossings; ★ no sidewalks on parts of course; use cross walks when available

 **Walkers** should complete one full loop in 40 minutes.

 **Joggers** should complete one full loop, then continue to move until you've reached the 40-minute mark. Consider going out and back based on the amount of time remaining.



When no sidewalk is available, walk or jog on the side of the road to your left, facing oncoming traffic.

RouteArrows

Look for RouteArrows to show you the way!