



# A training program leading up to the Midnight Sun Run!

## Week Nine

We will meet at **Beaver Sports - 3480 College Rd.** This is the final week! Once you finish the route and we verify you've completed the program you'll register for the Midnight Sun Run - **FOR FREE**

**Guest Coach:** TBA

**Park:** Beaver Sports parking lot

**Check in:** Couch to 10K table

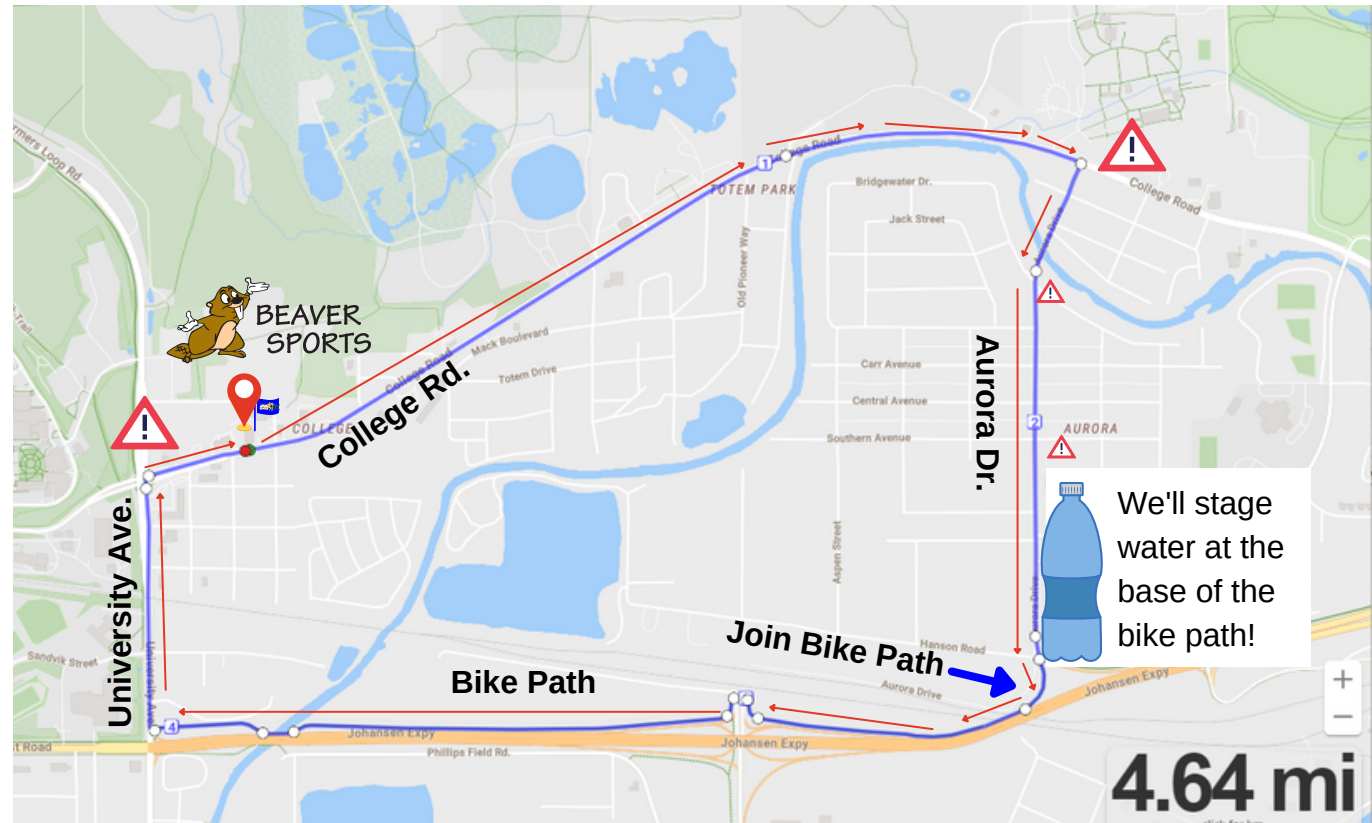
**Goal:** Walk or jog for 60 minutes

**Route Length:** Approximately 4.6 miles

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

**Walkers** should complete one full loop.

**Joggers** should complete one full loop, then continue to move until you've reached the 60-minute mark.



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

