



A training program leading up to the Midnight Sun Run!

Week Eight

We will again meet at the Midnight Sun Run Start Line, but we'll complete a different route.

Park: Nenana parking lot

Check in: Couch to 10K table

Goal: Move for 60+ minutes

Route Length: Approximately 4.14 miles

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

Hydration: As the weather gets warmer, hydration is more important than ever. There will be a cooler with water where the bike path is close to Geist Rd.



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 or bike lane is available, walk or jog on the side of the road to your left, facing oncoming traffic. **Please keep children on your left, away from the road and traffic.**

Move for
60+ Mins!