



A training program leading up to the Midnight Sun Run!

Move for
45 Mins!

Week Four

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

Park: School Parking Lot

Check in: Couch to 10K table

Goal: Walk or jog for 45 minutes

Route Length: Approximately 2.37 mi

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



When no sidewalk 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. Do not impede local traffic by walking/running more than two abreast when traffic is approaching.



Walkers should complete one full loop, then continue to move until you've reached the 45-minute mark. Consider going out and back based on time remaining.



Joggers should complete one full loop, then continue to move until you've reached the 45-minute mark. Consider doing a shorter loop - Birch Ln to Fairbanks St to Geist Rd to Loftus.



Red arrows show the route 

Arrows highlighted in yellow indicate you are on part of the Midnight Sun Run course 

