



A training program leading up to the Midnight Sun Run!

Move for **60+ Mins!**

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**

Park: Beaver Sports parking lot

Check in: Couch to 10K table

Goal: Walk or jog for 60 minutes

Route Length: Approximately 4.5 miles

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



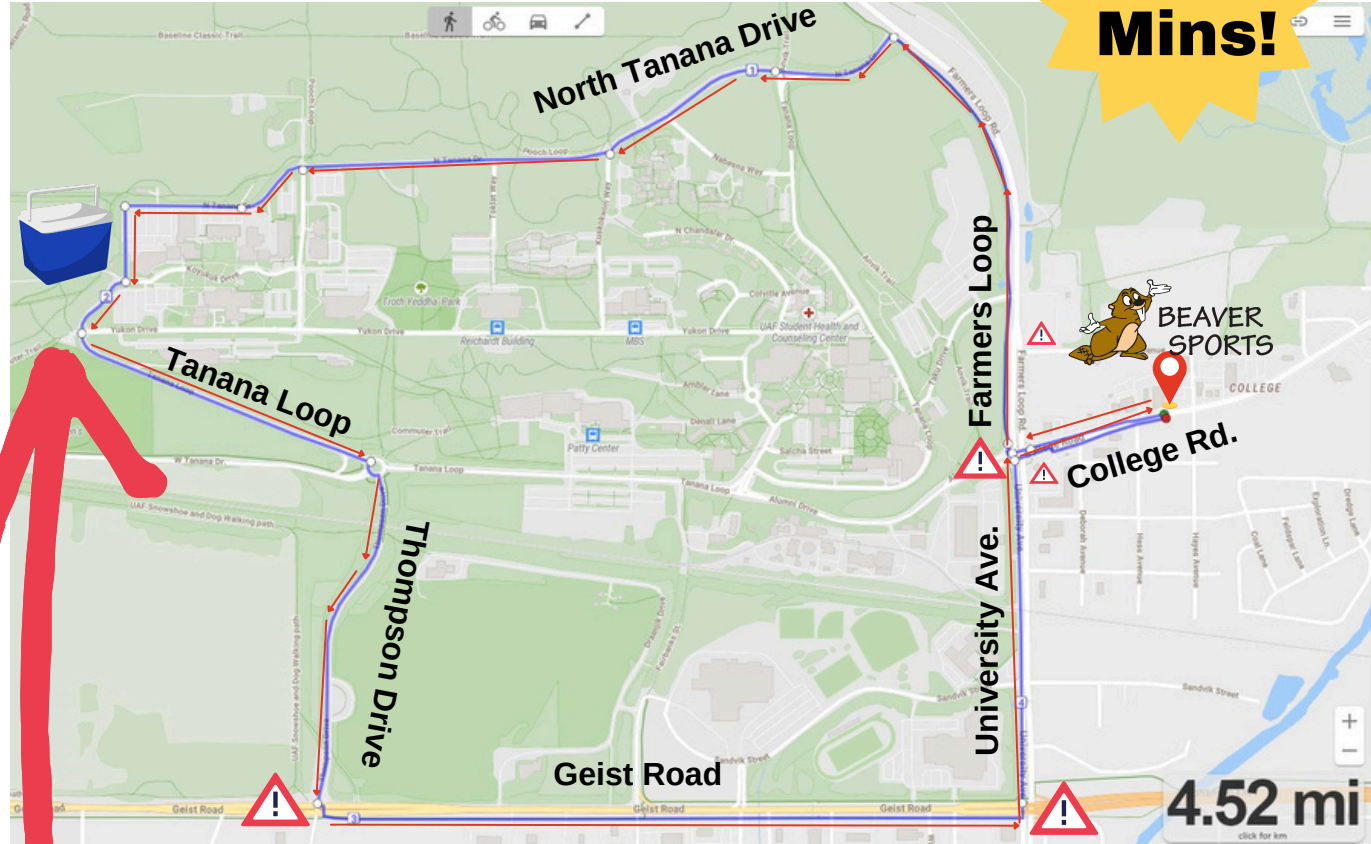
I'll stage water in the parking area at the top of the hill.



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.**

