



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

Move for  
**55 Mins!**

## Week Six

We will meet at **Randy Smith Middle School - 1401 Bainbridge Blvd.** To be credited with attendance for Week Six you must attend either Monday or Wednesday, BUT you are welcome to attend both.

**Park:** Randy Smith Middle School parking lot

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

**Goal:** Walk or jog for 55 minutes

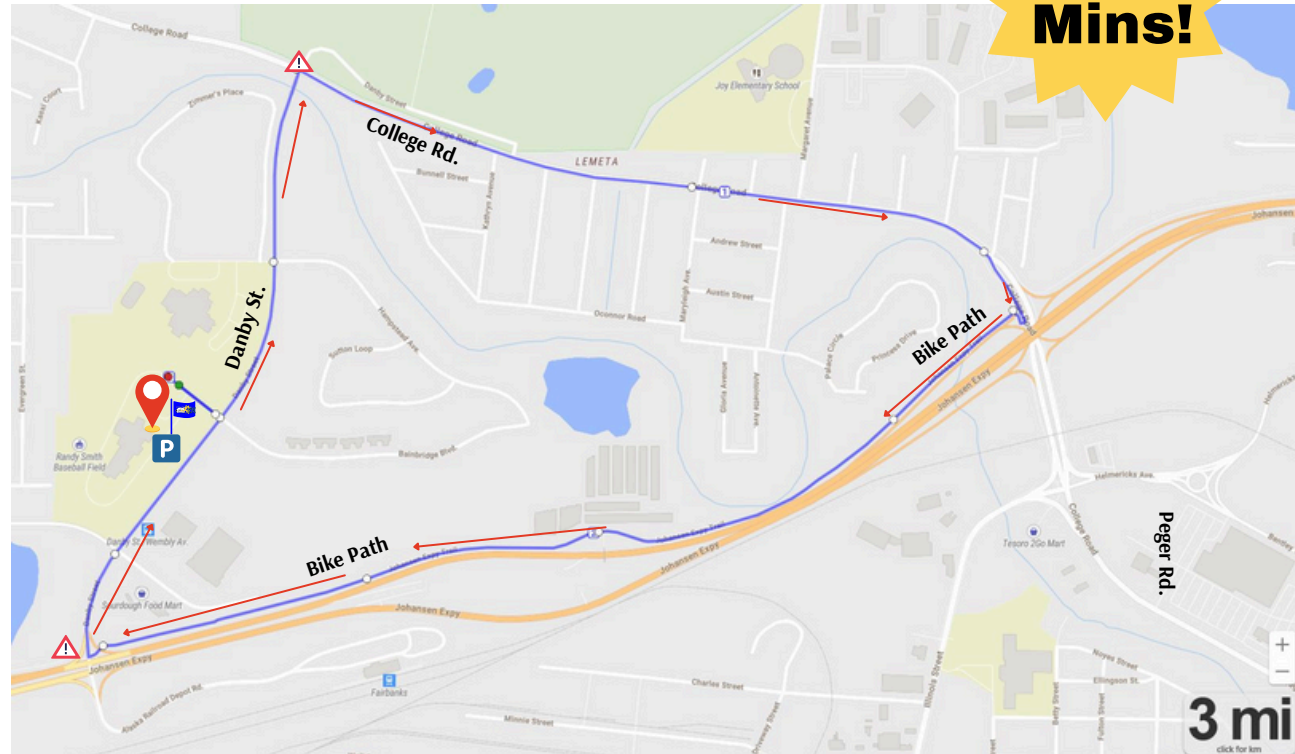
**Route Length:** Approximately 3 miles

**Safety Concerns:** ⚠️ Multiple road crossings; ★ no sidewalks on parts of course; use cross walks when available. Please keep children on your left, away from the road and traffic.



**Walkers** should complete one full loop in 55 minutes.

**Joggers** should complete one full loop, then continue to move until you've reached the 55-minute mark. Consider going out and back based on the amount of time remaining. Some will be able to complete two loops.



★ 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.

