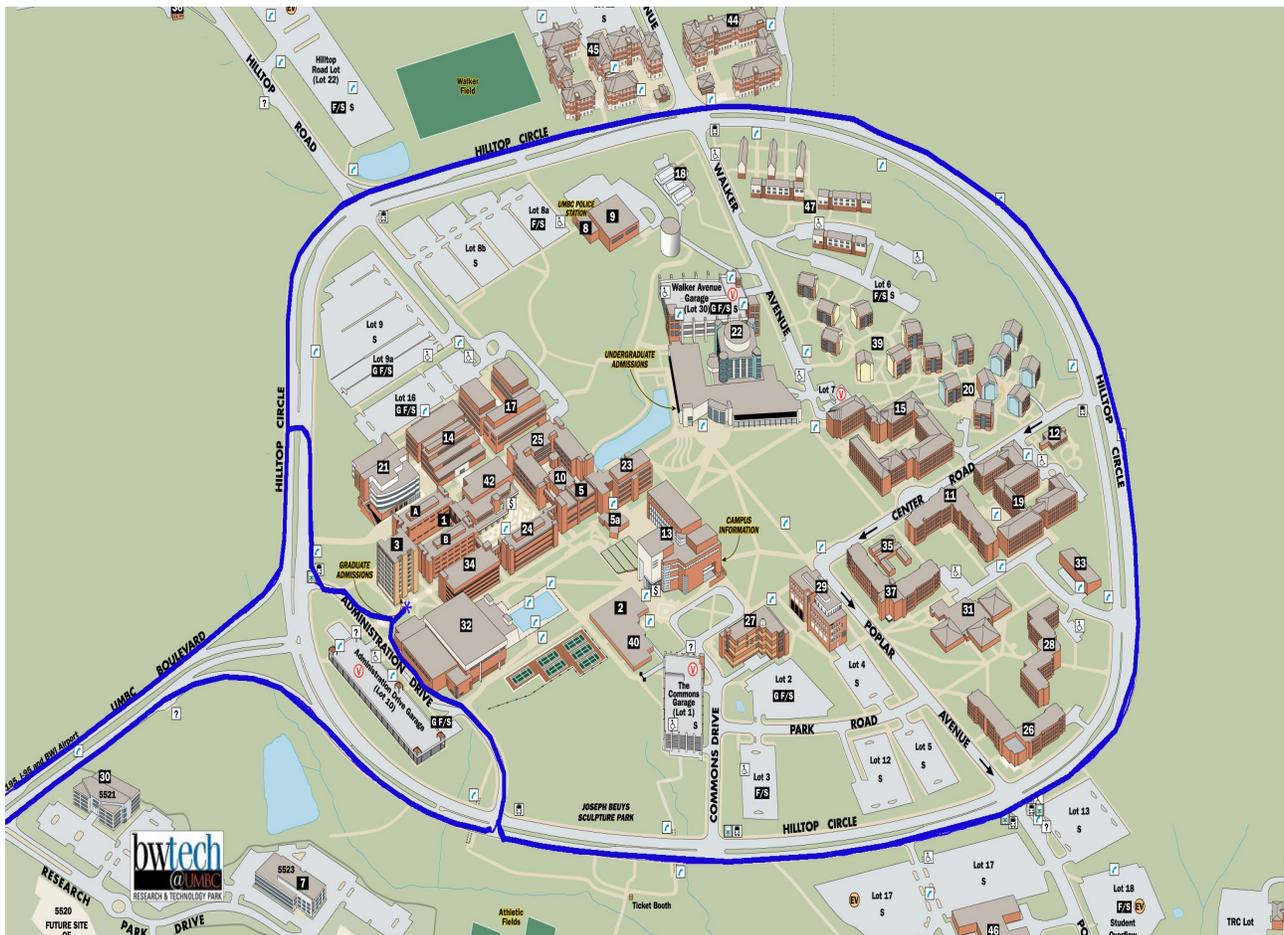


5 K Course (3.1 miles)

Starting at the Retriever statue go left towards Hilltop Circle. Continue to run on the inside portion of the sidewalk until you get to your first U-turn. Make a u-turn and continue along Hilltop Circle in the opposite direction. Make a right hand turn going towards 195 and make another u-turn once you get to the Silo in front of Research Park. Continue back towards Hilltop Circle and go around the outer loop one full time before returning to administration drive where you will end at the Retriever statue.

10 K Course (6.2 miles) Run the 5 K course twice.



Warm up and cool down for three to five minutes at the beginning and end of physical activities.

Start at an easy pace.

Listen to your body.

Be aware of warning signs of overexertion.

For more information on Safety Tips and Regulations for walking and jogging go to

www.umbc.edu/athletics/recreation

