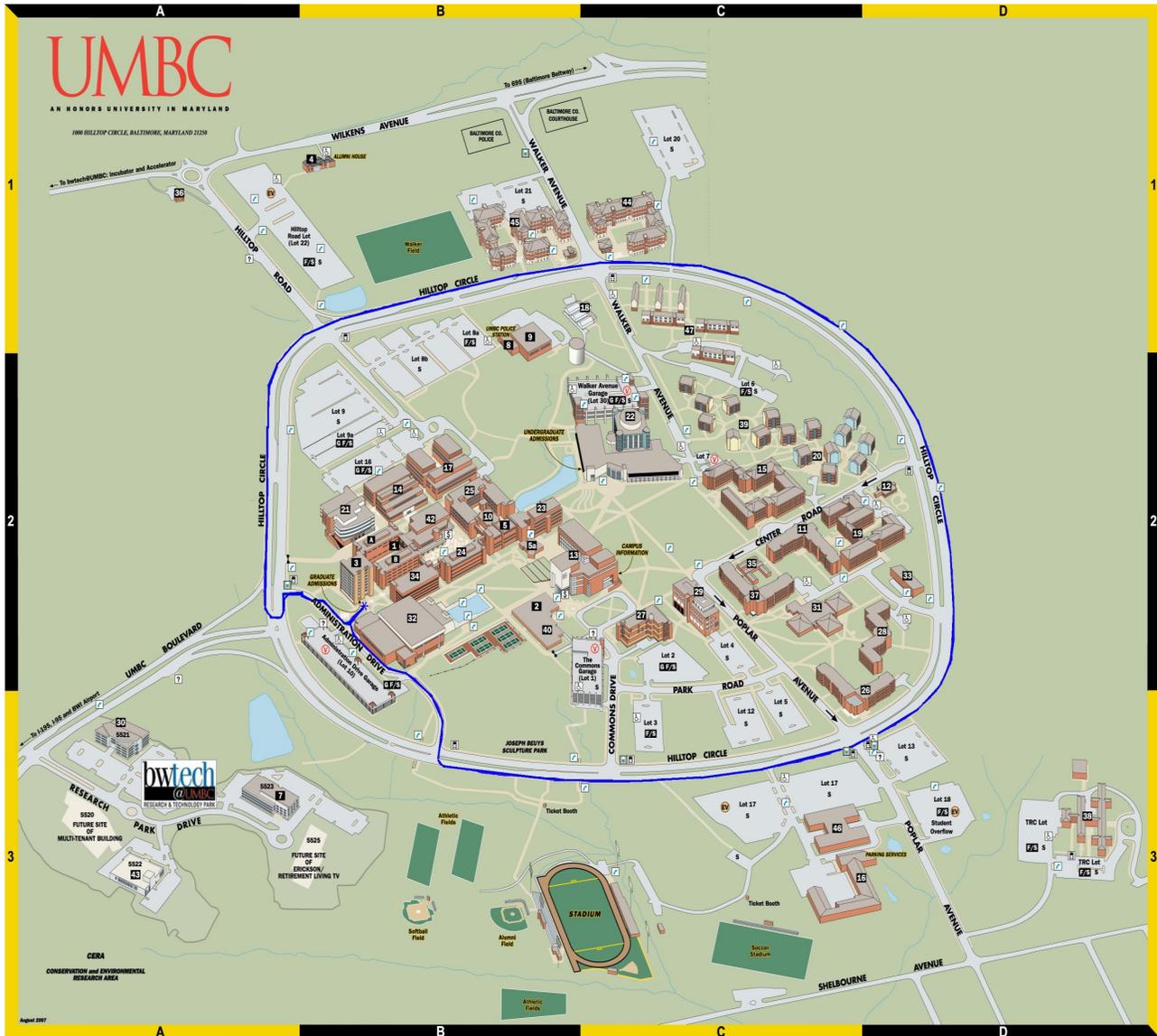


2.2 Mile Course (Outside Loop)

Starting at the Retriever statue go left towards Hilltop Circle. Continue to run around the outer sidewalk and finish back at the statue outside of the RAC.



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

