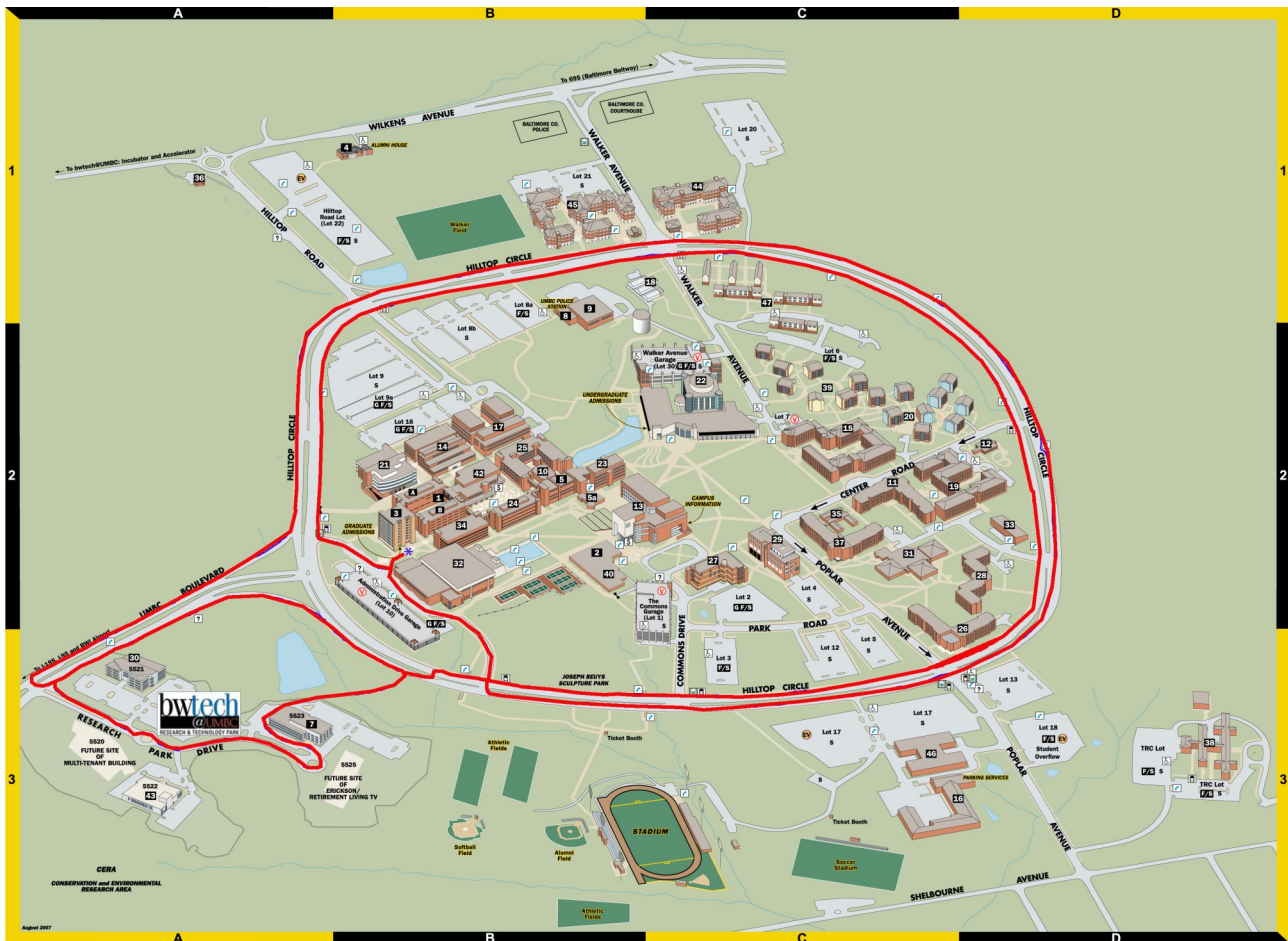


# 5 Mile Course

- Starting at the Retriever statue outside of the RAC go left and stay on the sidewalk following the yellow paw prints.
- Continue to the outside sidewalk of the loop and go around the outside loop one full time until arriving at road towards 195 and research park.
- Continue out to the first u-turn at the Research Park (Subway) and turn around staying on the sidewalk. Continue back towards Hilltop Circle and make a right onto the bridge/walkway back towards research park.
- Run over the bridge and come out at Research parking lot. Make a left going towards athletic field and make a u-turn at the athletic field fence.
- Continue back out of the research park and make a right going back out towards Hilltop Circle.
- Once you reach Hilltop Circle make your way towards the inner loop and run around one full time until you get back to Administration Drive.



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](http://www.umbc.edu/athletics/recreation)

