

Retriever Walk (1 Mile) Flat Course

- Starting at the Retriever statue outside of the RAC, begin walking towards the library.
- After the Martin Schwartz Building, follow the path on the right slightly going up towards the library.
- Pass the library on the left, then take a right down the stairs towards the residence halls
- Take a left at the crosswalk and pass Erikson Hall on your left, walking towards the Child Care Center
- Make a U-Turn at the child care center and walk back towards the commons.
- Turn right in between the Commons and Academic Services.
- Take an immediate left and walk past the swimming pool on your right and the tennis courts on your left
- Take a right up Administration Drive
- Take a right after the RAC back to the Retriever statue.



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

