Group Run - Information
Staff Day

Start Time: 1:00PM  
Start Location: Francis Field  
Distance: 4 Miles  
Pace: For Everyone

Do I need to register: No, just show up. Everyone is invited.

Do I have to run all 4 miles: No, you can run as much or as little as you like. No one is keeping track :)

What is the pace: Previous years have averaged around 10:30 – 10:45 min/mile. If enough people join, there may be multiple different pace groups.

Do I need any special equipment: No, although running shoes and shorts would be helpful.

What is the course: A scenic run through the WUSTL campus and Forest Park. See the map on the left or here: http://goo.gl/Y6wul.m

Is the course marked: No, we don’t have permission to do this in Forest Park.

Are there any hills: We tried to keep the course as flat as possible.

I have more questions: Send an email to: grouprun@list.wustl.edu