



big river **RUNNING** *company*

O'Fallon, Missouri
Monday Night Group Run - 6 mi

GROUP RUN RULES:

- Run with a group, hey that's why you're out here right!?
- Stay on the sidewalk when possible, if you must run on the roads please stay to left side so you can see traffic coming towards you.
- If you and a car are both approaching an intersection, stop and let the car go first. Assume they cannot see you, and realize they're faster than you!
- Please be courteous of all other traffic and pedestrians.
- Wear brightly colored clothing, reflective gear, and/or a headlamp – especially during the darker months.
- Stay hydrated and cool on hotter days, consider carrying a bottle or hydration belt with you.
- In the event of extreme weather conditions, we will cancel our group run for the safety of the runners.
- **HAVE FUN!**