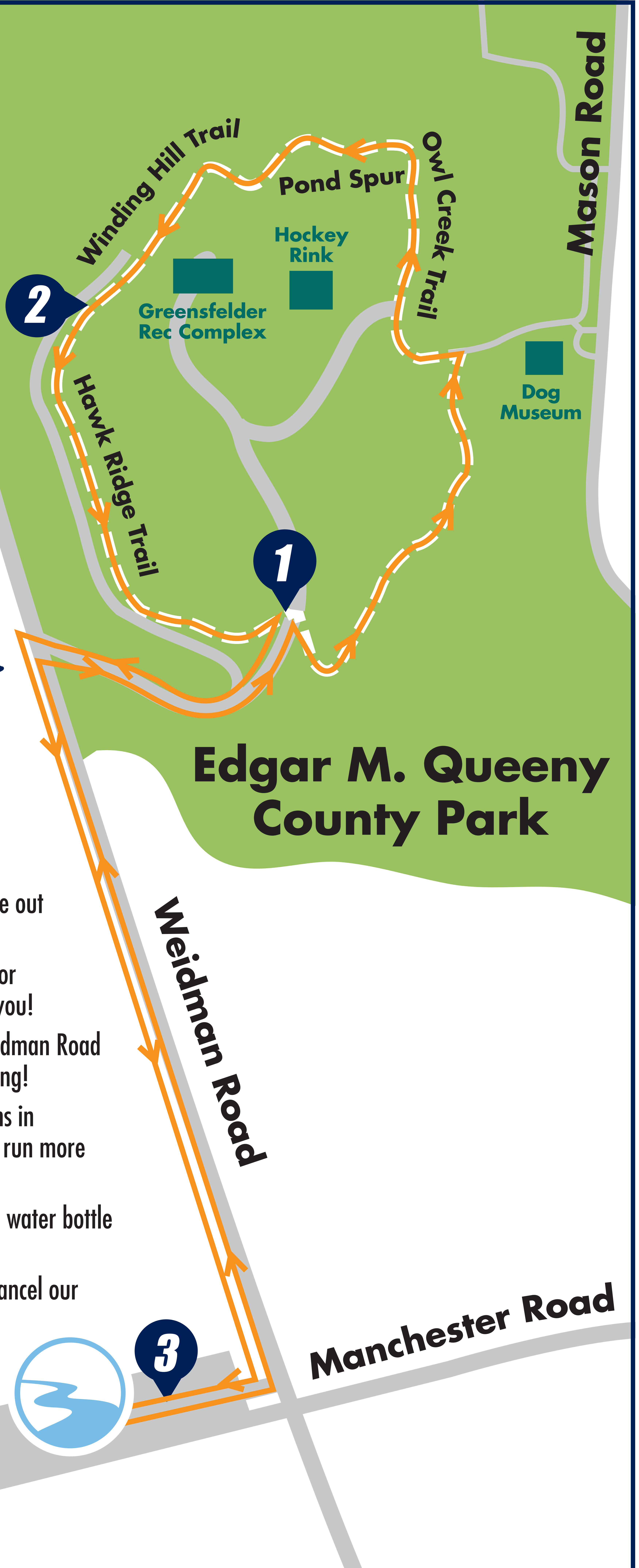


# *big river* **RUNNING** *company*

## **West County Monday Night Group Run - 3 mi**

### **GROUP RUN RULES:**

- Run with a group and don't be shy! That's why you're out here, right?!
- Stay on the sidewalk or path. Do not run in the road or challenge any cars. They are bigger and faster than you!
- Follow all traffic crossings and signals. Only cross Weidman Road at the traffic light to enter Queeny Park. No jaywalking!
- Please be courteous of all other traffic and pedestrians in Queeny Park. Stay to the right of the path and don't run more than 2 or 3 abreast to give others room to pass.
- Stay hydrated on hotter days and consider carrying a water bottle or using a hydration belt.
- In the event of extreme weather conditions, we will cancel our group run for the safety of runners
- HAVE FUN!



**Edgar M. Queeny  
County Park**