



big river **RUNNING** *company*

West County Monday Night Group Run - 6 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!

Route Notes: Upon entering the park, runners will follow the Hawk Ridge Trail all the way around and back to the entrance.

Weidman Road

Hawk Ridge Trail

Hawk Ridge Trail

Edgar M. Queeny County Park

Greensfelder Rec Complex

Hockey Rink

Dog Museum

Hawk Ridge Trail

Mason Road

Weidman Road

Manchester Road

