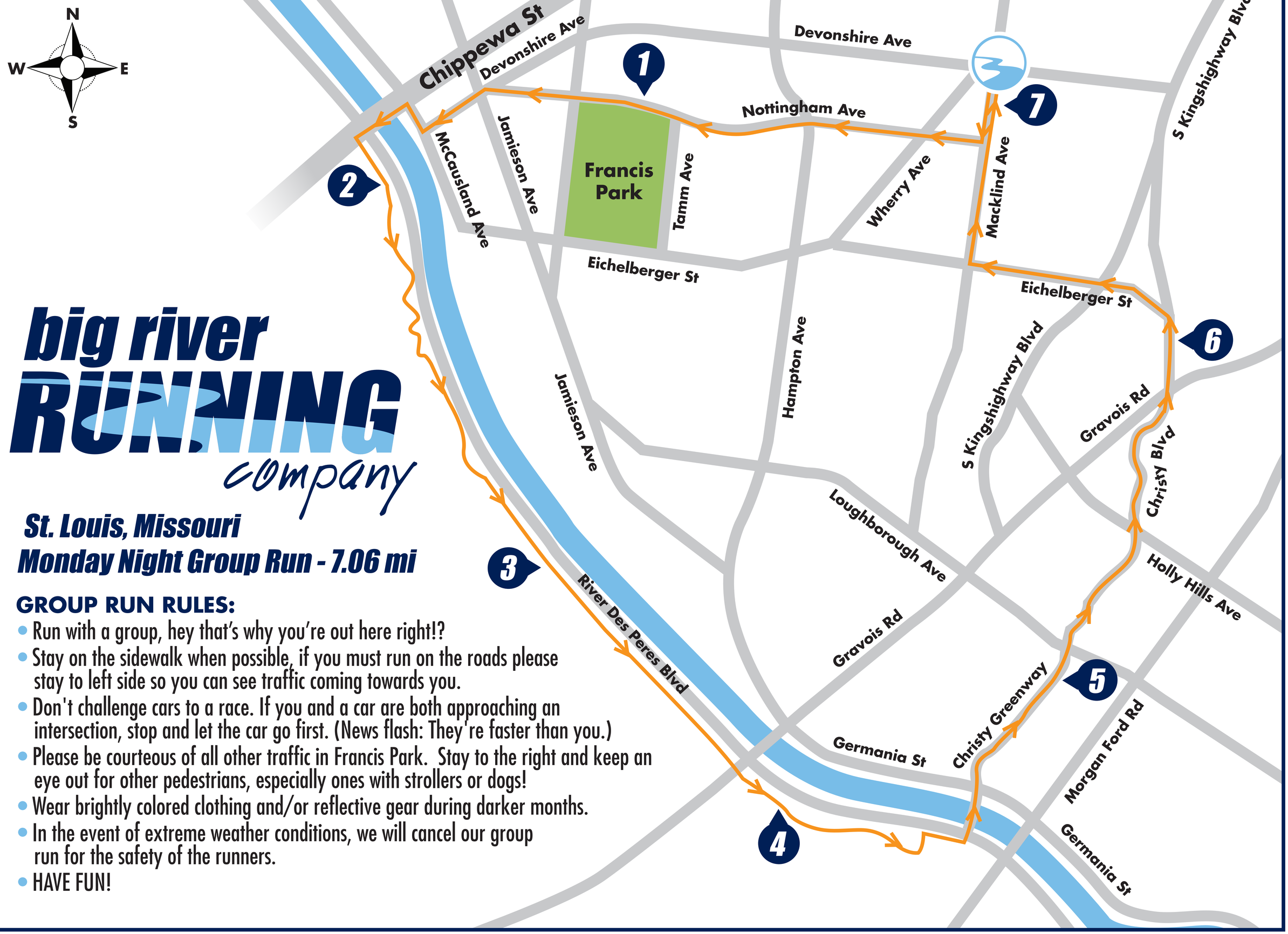
big river RUNNING company

St. Louis, Missouri
Monday Night Group Run - 7.06 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.
- Don't challenge cars to a race. If you and a car are both approaching an intersection, stop and let the car go first. (News flash: They're faster than you.)
- Please be courteous of all other traffic in Francis Park. Stay to the right and keep an eye out for other pedestrians, especially ones with strollers or dogs!
- Wear brightly colored clothing and/or reflective gear during darker months.
- In the event of extreme weather conditions, we will cancel our group run for the safety of the runners.
- HAVE FUN!