

# RUN3DMC

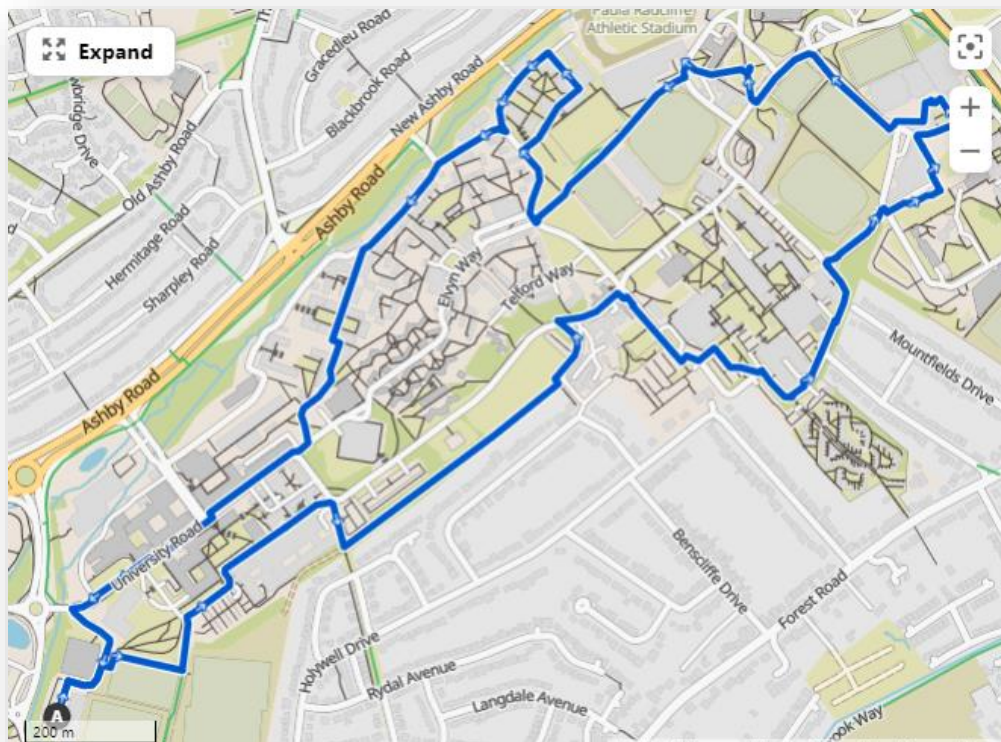
Date: 25<sup>th</sup> September 2024

Start Time: 7am



## Route

The route is 5 km, it is mostly flat with only a few short climbs. It will be on well paved pathways on the campus, so normal running shoes are suitable.



## Meeting Location

Please meet in the Holywell Fitness Centre Car Park ready to run at 7am. The what three words for this location is plants.views.less.

Following the run, we can shower and change at the fitness centre. We can then walk 5 minutes to the conference centre where there will tea coffee and pastries available.

## Registration

To register for the run please email Peter Kinnell, [p.kinnell@lboro.ac.uk](mailto:p.kinnell@lboro.ac.uk). Please do this by Friday the 20<sup>th</sup> September.