

# Duke Run/Walk Club

## Spring 2019 Events



### Run/Walk Club

March 11-May 29

5:30 p.m. on Monday and Wednesday

**East Campus:** Meet at wall across Whole Foods.

**West Campus:** Meet in the Green Zone Al Buehler Trail lot off 751/Cameron Blvd.



### Body Composition Assessments

**Pre-Measurements:** Provided 30 minutes prior to scheduled Run/Walk session during Week 1.

**Post-Measurements:** Provided 30 minutes prior to scheduled Run/Walk session during Week 12.

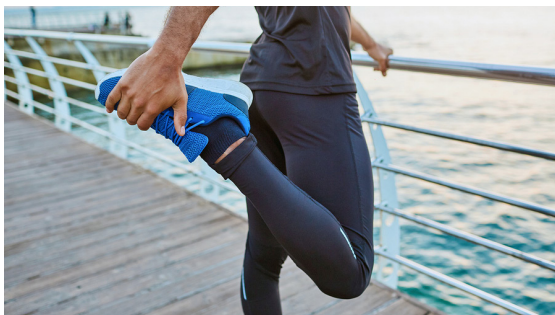
Additional time slots available for in-office measurements.



### Strength Classes

5:30 p.m. every Thursday (weather permitting)

Meet at the wall on East Campus across from Whole Foods. Bring water and an exercise mat, towel or blanket.



### Physical Therapy Workshop

5:30-7 p.m. April 9

Meet in the Stedman Building at the Duke Center for Living Campus (1300 Morreene Road).

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### Parking for Events

- ➔ For **Duke Run/Walk Club** and **Strength Classes on East Campus:** Park after 5 p.m. in the Duke Human Resources lot, 705 Broad St. Whole Foods has strict towing enforcement.
- ➔ For **Duke Run/Walk Club on West Campus:** Park after 5 p.m. in the Green Zone Al Buehler Trail lot off 751/Cameron Blvd.