



Monthly 5K



All runs begin at 12 p.m. in the lobby of the Campus Center at 621 W. Lombard St. ****All 5K’s are a great place for Gym Buddies to attend and meet up! See below for the Gym Buddies QR code!****

EVENT	DATE	THEME
Fall Kickoff Run	September 9	UMB Attire
Monster Dash	October 29	Halloween Attire
Turkey Trot	November 19	Fall Attire
Holiday Jog	December 10	Holiday Attire
Resolution Run	January 21	Plain T-shirt
Cupid Shuffle	February 11	Valentine’s Day Attire
Maryland Run	March 25	Maryland Attire
Earth Day Run	April 22	Earthy Attire
Final Frolic	May 13	UMB Pride Attire



Monthly 5K Schedule

Win a prize if you attend all nine 5K’s. More information at <https://www.umaryland.edu/urecfit/fitness/monthly-5k/>



Gym Buddies