



Bring your jogging shoes to Saint Louis!

Friends, fun, and fitness combine just two blocks from The Hilton at the Ballpark!

At this year's USDLA National Conference, we will have a group run/walk on Monday and Tuesday morning.

Called The Bill Jackson Memorial Sunrise Run/Walk, the USDLA group will leave the hotel lobby at 6:00AM. (Official sunrise is at 6:03 and 6:02AM, respectively.) We will walk together the two blocks to Gateway Arch Riverfront Park. Water – but not restrooms – will be available at the park.

The focus of the run/walk is social, not competitive.



The St Louis Arch seen from the commuter rail platform of Eads Bridge. This will be the turnaround point for the 3-mile group.

This activity will give you a good view of St Louis's iconic Arch as well as several nearby historic sites.

The run/walk will "go" rain or shine (within reason!) You must register and sign a release. **Free** to attendees. Some goodies will be available on a first-come, first-served basis.



6:00am – Monday, Apr 30 / Tuesday, May 1

