Choose Your Own Challenge: 9/11 Memorial Run Prep

Prepare for UC’s annual 9/11 Stadium Stairs Run in honor of those who lost their lives in the line of duty on 9/11/01. Participants during the event are challenged to climb 2,071 steps in 56 minutes — symbolic of the 110 floors of each of the World Trade Center towers. There is also a walking path around Carson Field (the playing surface at Nippert Stadium).

Details about this moving event and race can be found on the Be Well UC Events page when available.

How to participate:
Fill in a shape for each 100 steps you climb. There are 56 stairs in the lower basin area of the stadium — to keep it easy, count going up and down as 100!
Send your completed tracker to wellness@uc.edu or to ML0039 to earn 10 Be Well UC Choose Your Own Challenge points.

Don’t forget: before beginning any new exercise program, it is always a good idea to check in with your health care provider first. Learn more about creating a training program at https://www.halhigdon.com/training/5k-training/.

Name: ___________________________________________
M#: _____________________________________________

Move Well  Questions? Please contact wellness@uc.edu  uc.edu/hr/bewelluc