Mindful Movement

As you prep for your movement, try checking in with your body before you begin. Notice how you are feeling. Check in after your movement and see if anything has changed. As you continue to prep, take notice if your body needs a little bit more rest or maybe some extra stretching. We only get one body, so let’s take good care of it!

Mindfulness or meditation can help to calm you before race day. All SU students have free access to the mindfulness app Sanvello. Check it out!

Social Support

While there is nothing wrong with racing by yourself, have you considered having a friend join you on race day (safely in person or even virtually)! Even telling your friends, family, or community about this race can help you feel motivated and will let them know to cheer you on! No matter what, we know that our UREC community will be joined in this race on race weekend.

Routes from Seattle U

- SU Park track laps during Open REC hours
- Cal Anderson Park
  - Begin moving North on 14th from the Eisminger Fitness Center
  - Right on E Cherry St
  - Right on 12th Ave
  - Head straight until E Pine St.
  - Turn left on E Pine St.
  - One block ahead and you should hit Cal Anderson Park at 11th Ave
  - Move along 11th Ave
  - Left on E Denny Way
  - Left on Nagle Pl.
  - Left on E Pine St.
  - Right on 14th Ave
Cal Anderson Route
• Volunteer Park
  o Start at the Eisiminger Fitness Center, moving North on 14th Ave until you arrive at the park, choose your route through, and then run back to the Eisiminger Fitness Center