

# Healthy Emory Running FAQs

## Q: What are the Healthy Emory Running Groups?

**A:** Healthy Emory is partnering with Blomeyer Health Fitness Center and Big Peach Running Company to host weekly running groups to help you prepare for the Winship 5K.

## Q: When do the running groups take place?

**A:** The running groups will kick off on July 15, 2024 and end on September 27, 2024.

## Q: Where do the running groups meet?

**A:** Running groups are offered in many different locations across the Metro Atlanta area. [View the schedule here.](#)

## Q: How do I join a running group?

**A:** **Register [here!](#)** This will enroll you in Healthy Emory Running and provide you with access to the Healthy Emory Running Team in Microsoft Teams. Your information will remain private. Communications will be conducted via Microsoft Teams posts. Feel free to drop your progress in the Team as we move through the program.

## Q: When and where is the Winship 5K?

**A:** The Winship 5K is on September 28, 2024. This race kicks off at Emory University McDonough Field.

## Q: Do I need to register for the Winship 5K?

**A:** Yes. [Click here](#) to register.

## Q: How do I qualify for the random prize drawing?

**A:** Those employees who participate in at least 8 weekly runs, participate in the Winship 5K, and complete the pre-/post-survey will earn an entry into a random prize drawing. Winners will receive a Big Peach Running Company swag bag. Raffle drawings will be held during the week of October 14.

## Q: How do I get credit for attending a group run?

**A:** Upon arrival at your running group, make sure to check in with the site leader. Each leader will have a QR code for you to scan and complete the attendance form. This is how your runs will be tracked to determine eligibility for prize drawings. You can join any group, and you can move to different groups each run!



# Healthy Emory Running FAQs (cont.)

## Q: How will the groups stay in contact and communicate?

**A:** Healthy Emory Running lives in Microsoft Teams and is a space for the group to share encouragement, resources, and progress along the way. Once you have completed the registration form, you will be added to the group. In addition, the Health and Well-being Team will communicate via email and Microsoft Teams. Each participant will receive weekly weather updates, running tips, and words of encouragement.

## Q: Will I receive any other supporting documents or assistance in training?

**A:** Yes! The Health and Well-being team will provide a training calendar with information about training and cross-training (XT) days for participants.

In addition, Big Peach Running Company in Marietta has a weekly course: "[How to Hate Running Less](#)" that is available to all Emory employees. This class is designed to help those getting started in running progress at a reasonable pace. Classes are every Wednesday at 6:30 pm. Contact information for this site is listed below.

**Address:**

1062 Johnson Ferry Road, Ste. 170  
Marietta, GA

**Phone Number:**

770-579-0444

## Q: What is a cross-training day (XT)?

**A:** Cross-training days involve engaging in alternative forms of exercise outside of running. The purpose behind cross-training is to enhance our running ability and prevent burnout. Activities like walking, yoga, stretching, and calisthenics are some examples of cross-training exercises.

The key here is to be mindful of your body's signals and recognize that the journey is as important as the destination. Rest and recovery play a vital role in this process.

**SCAN  
HERE TO  
REGISTER!**



**More Questions?**

Email us at [healthyemory@emory.edu](mailto:healthyemory@emory.edu)