Haulin' ASMR

Where/When: 6:30 am, conference hotel lobby, every day during the conference.

Haulin' ASMR is the low key running group that meets for 6:30 am runs in the conference hotel lobby. We usually run for 30-50 minutes (depends on the conference schedule). The pace is approximately 5-6 mph, but is generally based on the ability of the participants. Some people stay with the group for part of the run and then branch off to either go faster, farther or slow down. Running is a wonderful way to meet new people and get some exercise in the morning and to explore the lovely trail system in Lexington during the quiet of the morning. Remember to bring your running shoes to Lexington in 2015!

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