



# Trojan Trekkers

To celebrate "Walktober" (National Walking Month)

register online at  
[www.usc.edu/recsports](http://www.usc.edu/recsports) ⇒  
 wellness

## October 1 - 30

**Tuesdays 12:05pm**

**First meeting**

**Davidson Conference Center  
 (west entrance)**

**Fridays 12:05pm**

**First Meeting**

**Cromwell Track  
 (east entrance)**

**Come to one session  
 or both. Earn  
 "Frequent  
 Walker"  
 points!**

**This program is  
 FREE**

### Trojan Trekkers: Walking Program

- The return of the Trojan Trekkers - a campus tradition! This year, the Trojan Trekkers are focussing on frequency (walk often) and amount of time walking (pick up the pace)!
- A walking program designed to get you walking! This walking program will be self-guided (maps provided). A different route every day!
- All sessions will include walking – so put on your walking shoes and comfortable clothes.

**Walk on Trojans!**



Presented by  
 Be Fit. Be Well. Rec Sports Wellness  
 with additional exercise experts.



# wellness.usc.edu