

Get ExpoFit



Welcome to ExpoFit Sunrisers

Come join us for an early morning walk, jog or run to get your body and mind ready for a busy and informative day at Expo. All fitness levels invited – we have a group for everyone.

Quick details:

Where: Outdoor Amphitheatre, San Diego Convention Center

When: 6:00 am during Expo (Tuesday, Wednesday and Thursday)

Duration: One hour

Attire: Comfortable exercise clothes

The Expofit Sunriser routes:

We have four routes designed for our groups ranging from 2 miles to 6 miles. All are along the bay, flat and have minimal traffic interference.

2.0 Miles – Dueling Embarcarderos:
Starting from the Amphitheatre – head north towards the Embarcardero Marina Park North or south towards the Embarcardero Marina Park South. These marina marks surround over 200 boats in the San Diego Harbor and offer a great view of the San Diego skyline and Cornado. When you’ve looped the first park, head back to the Convention Center and complete the next one. When you’re done, you’ll have completed almost 2.1 miles.



Sign up for Expo Fit today!



<http://expo.gsa.gov>

2.0 Miles – The Midway: Enjoy the San Diego seawall as you head north towards the famous USS Midway aircraft carrier. On your way you'll pass the Embarcadero Marina, the Seaport Village and the American Tunaboat Association (bonus points if you can find that!). This is a quick out and back walk that will always have something to take in.



3.0 Miles – Sailboats to Aircraft Carriers to Ships – combining the Dueling Embarcaderos and the The Midway paths comes up with a three-mile course that offers many of San Diego harbor's top sights and experiences.

Note: If you want to add an extra mile onto this loop – go past the USS Midway and turn around when you reach the Maritime.



6.0 Miles – Seawall Speedway – Stretch your legs on this flat sea level path. You'll have plenty to see as you pass the famous Seaport Village, the USS Midway, the Maritime Museum, the US Coast Guard station and much more. Just follow the seawall until it reaches the Sheraton San Diego Hotel and Marina – then turn around and come back. This is a great run for mid-to-elite level athlete.

