



2017 Beginning Running Group

September 20th - November 1st 2017

Group meets at the FSU Track, corner of Spirit Way & Chieftain Way
Wednesdays at 6:15PM

Want to start running?

New to running (or getting back into it) and need some motivation?

Want to complete a 5k?

**Join us to get tools, training, and support to build your
endurance and complete a 5k (3.1 miles)!**

WHO: Everyone is welcome!

We'll have groups for brand new runners (can walk 1 mile) and advanced runners (can run 1 mile). We'll start with 1 mile and *gradually* increase distance each week.

Participants under age 14 must be accompanied on all runs by an adult.

COST: Free for GWTC members!

Visit www.gulfwinds.org to join the club or renew membership and then register for our Beginning Running Group today! Register at Eventbrite.

FAQs:

Parking? Available in the campus parking garage at the corner of Stadium Drive & Spirit Way **or** in the parking lot across from the track on Spirit Way. The FSU track (Mike Long track) is part of the McIntosh Track & Field facility at the corner of Spirit Way & Chieftain Way

What do I wear? Wear running shoes and comfortable running attire.

What do I bring? Bring a water bottle and beach towel/mat for stretching after the run

Visit the **Training Groups** page at www.gulfwinds.org
or contact Chika Okoro at gwtc_coaches@yahoo.com
for more information or to volunteer