

TURKEY TROT 2017

5K - 15K TRAINING GROUPS:

All running groups are scheduled to begin the week of September 18 and will run to the week of October 30 (8-weeks)

Mondays at 6:00 pm

Southwood — Town Center in front of El Jaslico - **EXPERIENCED RUNNERS**

Wednesdays at 5:30 pm

Premier Health & Fitness Center — 3521 Maclay Blvd S - **BEGINNERS (Start to 5K for new runners and walkers)**

Thursdays at 6 pm

Whole Foods Shopping Plaza - 1817 Thomasville Rd - **ALL LEVELS**

Saturdays at 8 am

Cascades Park, meet by the Splash Pad - **BEGINNERS (Start to 5K for new runners and walkers)**

PANEL DISCUSSION:

Tuesday, September 26 – Turkey Trot Training Panel Discussion
Premier Health & Fitness Center 7:15 – 8:15 pm

Panelist include:

David Yon – GWTC Director at large & Turkey Trot Race Director

Mary Jean Yon – GWTC Race Director Coordinator

Mickey Moore - Experienced Marathon Runner

Melissa Dancer - Wellness Expert

Jon Manry – Owner, Capital City Runners – GWTC Member

Katie Sharron – GWTC Treasurer and overall female runner in the 2016 Grand Prix Challenge

RUNNING FORM CLINIC:

Tuesday, October 10 – Running Form Clinic
Premier Health & Fitness Center 7:15 – 8:15 pm

Presented by Jon Manry from Capital City Runners

Proper running form is vital for avoiding injury and increasing distance/pace. Learn from Capital City Runner's owner, Jon Manry, then join us at one of our running groups!

REGISTRATION NOT NECESSARY.

