



RUN FOR FUN

GROUP LEADER:

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ASSISTANT:

Name: Staci Seymour

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MEETING TIMES & LOCATION: Saturdays from 7:30-8:30am at Jacksonville Commons Recreation Center (100 Recreation Lane, JAX, NC 28546)

Dates: June 12th, 19th, 26th | July 10th, 17th, 24th, 31st | Aug. 7th, 14th, 21st

GROUP SPECIFICS

CHILDREN: YES.

WHAT TO BRING

1. Dress the part. Running shoes and weather appropriate attire. (No Sandals)
2. Water Bottle
3. Positive Attitude

SPECIAL NOTES:

Besides better health, friendships and fun, the goal of this group is to run a 5K together.

Feel free to bring your pets on a leash, bikes for the kids, etc.

OTHER:

June 19th – NC Blueberry Festiva 5K Run/Walk 7:30am

July 17th – Summer of Love 5mile/10mile Run 6pm.
