



RUN FOR FUN

GROUP LEADER:

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ASSISTANT:

Name: Staci Seymour

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MEETING TIMES & LOCATION: Saturdays from 8-9am at Jacksonville Commons
Recreation Center (100 Recreation Lane, JAX, NC 28546)

Dates: Jan. 30th | Feb. 6, 13, 20, 27. | March 6, 13, 20, 27. | April 3, 10, 17, 24. |

May 1, 8, 15.

GROUP SPECIFICS

CHILDREN: No accommodations for children.

WHAT TO BRING

1. Dress the part. Running shoes and weather appropriate attire.
2. Running Log (Journal)

SPECIAL NOTES: Besides better health, friendships and fun, the goal of this group is to run the Wilmington Azalea 5K (3.1 mile) run on May 15th.

The cost for that run is \$20.00.

OTHER:
