



## **GWTC Tails & Trails 5K Training Group**

**Please Join Us!**

**WHEN:** Thursday Evenings at 6:00pm  
March 19 thru April 30, 2009

**WHERE:** Miccosukee Greenway @ Thorton Street Entrance.

**WHAT:** Training for the Tails & Trails 5K on May 2, 2009.  
Groups at all paces and varying distances will run on trails at  
the Greenway.

**WHO:** Everyone, all paces are welcome!

**COST:** Free!

Wear running shoes, sunscreen & bug spray, optional hat,  
water bottle, and sports drink.

A waiver form is required and may be filled out on the first day. Runners under age 14 should be accompanied by an adult. All participants are responsible for their own safety. Each week course maps will be distributed and volunteers will be running with the group. Participants are responsible for their own Tails & Trails 5K/10K entry fees and are encouraged to join Gulf Winds Track Club.

For more information send an email to [gwtc\\_coaches@yahoo.com](mailto:gwtc_coaches@yahoo.com)