



Tallahassee, FL

Gulf Winds Track Club

Beginner's Running Class

Please Join Us!

WHAT: Beginner's running class. To prepare the beginning runner to complete a 5K (3.1 mile) race

WHEN: Wednesday Evening at 6:15pm
September 2nd thru October 21st.

WHERE: Mike Long Track (FSU Track)

WHO: Everyone is welcome! We will have groups for brand new runners, intermediate runners (can run 1 mile), and advanced runners (can run 2 miles)

COST: \$25.00 includes the class, individual membership to GWTC thru 2010, and a donation to the Chenoweth Fund

Wear running shoes and comfortable running attire.
Bring your water bottle.

A Registration and waiver form is required and may be filled out on the first day. **Runners under age 14 must be accompanied on all runs 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 groups.

The class will conclude with a graduation 5k run on October 25, 2009 (FSU Cares 5K).
Participants are responsible for their own FSU Cares 5K race entry fee.

Parking: You may park in the FSU Parking Garage located at the corner of Stadium Drive & Spirit Way or the parking lot located across from the track on Spirit Way.

For more information contact Robin Borschel or TJ Cutchins at gwtc_coaches@yahoo.com