



GWTC Springtime 10K Training Group

Please Join Us!

WHEN: Monday Evenings at 6:00pm
January 26 thru March 23

WHERE: Myers Park Pavilions (overlooking pool)

WHAT: Training for the Springtime Tallahassee 10k on March 28, 2009. Groups at all paces and varying distances will run portions of the actual 10k race route.

WHO: All paces are welcome! Be prepared to run 2 miles on the first day.

COST: Free!

Wear running shoes and reflective clothing.
Bring your flashlight.

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 Springtime 10K entry fees and are encouraged to join Gulf Winds Track Club.

For more information send an email to gwtc_coaches@yahoo.com
