



GWTC Springtime 10K Training Group

This Group will prepare you to complete the Springtime

Tallahassee 10K on March 27th, 2010

Mondays at 5:30 PM. Jan 25th - Mar 22nd

Meeting Location is at Myers Park

Picnic Pavilion overlooking the pool

Wear Running shoes and reflective clothing.

Be prepared to jog 2 miles at your own pace on the first day

No fees. A waiver form is required and may be filled out on the first day. We will be training on sidewalks and on the road on portions of the actual Springtime course. **All participants are responsible for their own safety.** Each week course maps will be distributed and volunteers will be out there running with the group. All participants who follow the program will be able to successfully complete the Springtime 10K run. Participants are responsible for their own Springtime 10K entry fees and are also encouraged to join Gulf Winds Track Club. For more information contact the following;

Robin Borschel or **TJ Cutchins** at the following email address GWTC_coaches@yahoo.com

Everyone is welcome!

(note: an adult should accompany children under 14).