

GWTC Tallahassee Trail Blazers

**This group will prepare you to complete the Pot Luck Bash on
June 4, 2011**



Mondays at 6 pm April 4 - May 30

*First meeting at Tom Brown Park near new
playground*

*Various other trails including Munson,
Apalachee, Maclay, Miccosukee on later dates*

\$20 fee. A waiver form is required and may be filled out on the first day. We will be training on various trails throughout Tallahassee. Each week course maps will be distributed and volunteers will run with the group. All participants who follow the program will successfully complete the 4 mile Pot Luck Bash. Participants are responsible for their own race entry fees and encouraged to join Gulf Winds Track Club. For more information contact the following: **Chuck Davis** at cdaviscycle@gmail.com

Everyone is welcome!

(note: an adult should accompany children under 14)