



2019 BEGINNING RUNNING GROUP

September 25th - November 13th

Meet on Wednesdays at 6:00 PM at the FSU Track



Join us to get
training, tools,
and support
to build your
endurance and
complete a 5k!

Cost: FREE!

Visit Training at
www.gulfwinds.org
for more information

Register at
bit.ly/gwtc2019brg

Participants under age 14
must be accompanied on all runs by an adult.