



SUMMER ADULT TRAINING

May 23rd - July 18th

When: Tuesdays 6-7:15pm, Saturdays 7-8:30am

Where: Dagget-Shuler parking lot or BreakThrough PT

Who: Runners and Run/Walkers 16+

Race: **BEAT THE HEAT 5K** July 22nd



- Have fun ●
- Build strength ●
- Stay healthy ●
- Get faster ●



[https://www.crazyrunning.com
/product/winston-salem-nc-
sign-up-adult](https://www.crazyrunning.com/product/winston-salem-nc-sign-up-adult)

