

GRAND STRAND RUNNING CLUB and CITY OF NORTH MYRTLE BEACH present



Do you sometimes imagine yourself fit and strong, striding effortlessly down the road during an easy workout?

You know being more active makes you healthier, but maybe you are not sure how to get started?

This gradual 12-week program will help you comfortably begin and progress by walking, jogging and/or running at a pace that's right for you!

WHEN:

Wednesdays beginning September 1st through November 17th.
Workshop meets at 5:30 p.m. – 6:45 p.m., rain or shine.

LOCATION:

North Myrtle Beach Park & Sports Complex – Amphitheater
150 Citizens Circle, Little River, SC 29566

FORMAT:

12 Weekly workshops include a group walk/run and brief topics: proper shoes, injury prevention, motivation, nutrition and more. Come dressed for activity. **Homework:** 2 additional workouts/week.

WHO:

Women from 12 to 112 -- bring your daughters, mothers, neighbors, co-workers and friends.
No strollers or pets permitted. **Participants are expected to have the permission of their doctor.**

GOAL:

All who complete this program will be able to participate in a very special 5K (3.1 miles) event the final night under the City of North Myrtle Beach *Great Christmas Light Show*.

MENTORS:

Female walking and running enthusiasts from the Grand Strand Running Club (GSRC) and others volunteer their time to support your progress.

COST:

\$40. Fee includes weekly topics by area experts, a graduation shirt (if earned – must attend 8 of 12 workshops) and a GSRC membership (\$20 value). Fees are non-refundable and non-transferable.

REGISTER:

- ♥ www.FirstStridesNMB.com
- ♥ \$40 includes 12 weekly workshops
- ♥ Registration closes on September 1st
- ♥ For more information, email FirstStridesNMB.gsrg@gmail.com
- ♥ Facebook: First Strides NMB



www.FirstStridesNMB.com