

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 March 1st through May 17th 2023.  
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. ***Always consult your doctor before beginning any exercise program.***

**GOAL:**

All who complete this program will be able to participate in a 5K (3.1 miles) walk & run event the final workshop.

**MENTORS:**

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

**COST:**

\$40 thru March 1st; then \$45 thru March 8th. Fee includes weekly topics, a graduation shirt (if earned – must attend 8 of 12 workshops) and GSRC membership (\$20 value). Fees are non-refundable and non-transferable.

**REGISTER:**

- ♥ [www.FirstStridesNMB.com](http://www.FirstStridesNMB.com)
- ♥ \$40 fee includes 12 weekly workshops
- ♥ Register online December 15th thru March 1st; then \$45 until March 8th
- ♥ For more information, email: [FirstStridesNMB.gsrg@gmail.com](mailto:FirstStridesNMB.gsrg@gmail.com)
- ♥ Facebook: First Strides NMB



[www.FirstStridesNMB.com](http://www.FirstStridesNMB.com)