

GRAND STRAND RUNNING CLUB and CITY OF NORTH MYRTLE BEACH present

First Strides

*Beginner walking and running
workshops for women*

First Strides is a gradual 11-week program that will help you comfortably begin and progress your activity by walking, jogging and/or running at a pace that's right for you!

WHEN: Thursday's beginning September 4 through November 13, 2025
Workshop meets at 5:30 pm – 6:45 pm, rain or shine.

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

FORMAT: 11 weekly workshops include a group walk/run and brief health topic presentation.
Come dressed for activity. **Homework:** two additional workouts/week.

WHO: Women from 12 to 112 -- bring your daughters, mothers, neighbors, co-workers and friends.

GOAL: All who complete this program will be able to participate in a very special 5K (3.1 miles) event on the final night, November 13th.

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 10 weeks of workshops followed by a special 5K walk/run and a GSRC membership. Fees are non-refundable and non-transferable. After August 29, fee increases to \$45.

REGISTER:

- ♥ www.FirstStridesNMB.com
- ♥ Registration closes on March 6.
- ♥ For more information, email FirstStridesNMB.gsrg@gmail.com
- ♥ Facebook: First Strides NMB



www.FirstStridesNMB.com



Supporting Sponsors

