

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 September 11.
 - ♥ For more information, email FirstStridesNMB.gsrc@gmail.com
 - ♥ Facebook: First Strides NMB



www.FirstStridesNMB.com



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