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 3 through November 12, 2026 Workshop meets at 5:30 pm – 6:45 pm, rain or shine. NEW! Thursday, August 27 - Orientation for new striders (everyone is welcome to participate; this workshop date is intended to introduce new striders to the program in advance of the 11-week program).
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 challenge event on the final night, November 12th.
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 challenge walk/run and a GSRC membership. Fees are non-refundable and non-transferable. After August 28, fee increases to $45.
REGISTER:	♥ www.FirstStridesNMB.com ♥ Registration closes on September 10 ♥ For more information, email FirstStridesNMB.gsrc@gmail.com ♥ Facebook: First Strides NMB

www.FirstStridesNMB.com

Grand Strand Running Club – Runners By The Sea

Supporting Sponsors

Parks & Recreation – North Myrtle Beach – Come Out & Play!