

## **We're More Than a Running Group!**

Geared towards those who don't know where to begin, but have the will to. This group of runners and walkers help encourage and train you so you can run, or walk in your first 5k.

We begin training on

August 20—November 2, 2019 at 6pm.

We meet every Tuesday, Thursday & Saturday for eleven weeks. The session ends with you crossing the finish line of your first 5k on November 2nd, *Gralon Rhyn 5k*.

And the best part, it's FREE!

ALL ages are welcomed.

For more info: [enduretofinish@gmail.com](mailto:enduretofinish@gmail.com)

Or call; 816-380-3033

Location: Heartland Baptist Fellowship

21203 E 283rd St

Harrisonville, MO 64701

\*Meet in building behind the Church.



Register at [mbtkc.org/gr5k](http://mbtkc.org/gr5k)