



Q: Have you ever wanted to participate in a 5K but had no idea how to get ready?

A: We can help!

Join representatives from Forrest General Wellness, Hattiesburg Clinic and Southern Miss to obtain your training for walking and running. And, then participate in your first 5K!

Instructor Lead Training and Motivation:

3 days per week for ten weeks beginning the week of September 8 on the following schedule:

Tuesdays and Thursdays
(6:15 a.m. or 5:30 p.m.) at

Bruce and Virginia Wilgus Trail at Southern Miss

Sundays (6 p.m.) at Longleaf Trace Gateway

My First 5K Race

November 14, 2009
Longleaf Trace Gateway
(race begins at 9:00 a.m.)

**COST \$15
FOR TRAINING AND
RACE**

Registration will be held at the following locations/times:

Hattiesburg Clinic
415 South 28th Ave. Hburg
September 1, 2009
12:00 p.m. – 1:30 p.m.
(2nd floor)

Forrest General Wellness
2807 Arlington Loop, Hburg
September 1, 2009
5:00-6:30 p.m.
(Information session at 5:30 p.m.)

Payne Center
Southern Miss
September 1: 5:00-6:30 p.m.
(Information session at 5:30 p.m.)
September 3: 12:00 p.m. – 1:30 p.m.



For more Information, please contact Jodi Ryder at 601.266.5266