



AMERICA'S KIDS RUN

MAY 21 • 9:30 a.m.

**At the track next to the Exchange
3rd Avenue & 40th Street**

In honor of Armed Forces Day,
this event is open to all military
dependents.

Training Tips:

- Remember to stretch before and after you run
- Practice Pacing
- Start slow with age-appropriate distances
- Make it FUN
- Try running games

More info: 706-791-1398/4790

