



# *Running the Race*

*Hebrews 12:1*



## **5K & 1 Mile Run/Walk Training Teams**

**Teams begin training this week at the following locations and times.**

- *Brandon Middle School Track (led by Amy Marler & Angela Thomas)-Sundays at 2:00 pm & Wednesdays at 5:15 pm (women/girls only group) \*begins 2/14/10*
- *FBC West Campus (led by Greg Babington) Mondays at 5:30 pm. (men, women, students & children welcome) \*begins 2/15/10*
- *Shiloh Park Walking/Jogging Trail (meeting at Steven Power statue, led by Anita Fortenberry and Diane Shelton)- Mondays at 5:30 pm (men, women, students & children) \*begins 2/15/10*
- *Crossgates River Oaks Walking/Jogging Trail (led by Laura Wells)- Tuesdays at 2:00 pm (women only) \*begins 2/15/10*

*These training teams are open to all fitness levels, but designed for beginners. All team leaders are trained, experienced runners/walkers who will give recommendations on proper running/walking technique, clothing, shoes, and diet/nutrition.*

*There will also be short, but inspiring devotions during each training session. These training teams are designed to prepare anyone to complete the 5K Run or Walk, promote fitness, and create/build relationships. Feel free to bring a friend. **Let's get moving FBC Brandon!***

*For more information email Mark Bowman - [mbowman@fbcbrandon.com](mailto:mbowman@fbcbrandon.com) or call the church office at (601) 825-6766*