

RUNNING CLUB **FREE**

Join NSAW Running Club!

If you're looking to get in shape, to be a part of a team, or just have some running fun; this 5K Running Club is perfect for you.



MEET: Wednesdays in March
(Mar. 1, 8, 15, 22, and 29)

TIME: 11 a.m.-Noon

STARTING LOCATION:
Visitor Center/O St. Gate

DISTANCE: 5K (3.1 miles)

MAX PARTICIPATION: 10
(first come, first serve)

Open to all eligible patrons.
This club is strictly for runners.

Each week the running course will change.
(Navy Yard Waterfront, National Stadium,
Anacostia Park, and RFK)

Each participant will have to fill out a liability waiver (only once) at the Fitness Center Front Desk to join the Running Club. Don't forget your CAC card, water bottle and running shoes.

In the event of inclement weather, run will be canceled.

**STAY
CONNECTED**

