

LEARN TO RUN IN 2017



**GET FIT: HAVE FUN
WITH THE ORCA RUNNING CLUB**

EVERY WEDNESDAY THROUGH TO MAY 10

MAYBE WALK OR EVEN RUN THE OCEANSIDE MOTHERS' DAY 5K EVENT ON MAY 14TH!

CLINIC STARTS: FEB 15
TIME: 6:00 - 6:30PM
COST: \$35

INCLUDES A YEAR'S MEMBERSHIP TO ORCA RUNNING CLUB

AS THE DAYS GET LONGER AND SPRING NOT FAR AWAY, WHAT BETTER WAY COULD THERE BE TO START 2017!

**INFORMATION: PLEASE CONTACT DOUG BROWN
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