

PGRC Spring Walking Program  
April 17 – June 19, 2010  
Saturdays

**Club Membership** – is required to participate. Join at <http://pgrc.org> click on “Joining the Club” on the menu bar.

**Program Fee** – There is a fifteen dollar fee to off-set administrative costs and social events.  
Register at [GetMeRegistered.com](http://GetMeRegistered.com)

**Signing In** – Each participant must sign in at each meeting to keep track of participation.

**Volunteer Requirement** - Participants are required to volunteer at one club event during the program.

**Target Audience** – Any one not participating in any of the clubs running programs.

**Objectives** -

1. Get people out and walking in a group supported setting
2. Increase fitness levels of participants
3. Walk 10,000 steps per day
4. Encourage participants to graduate to the Running Start Program

**Equipment** - Hat / Sunscreen / Sunglasses / Water bottle / Good walking shoes / pedometer  
whistle / visibility vest / portable stool/chair to rest on while walking, if necessary.  
Stop watch or watch to time walks.

**Medical Clearance** - If you are under a doctor's care, have a medical condition or have not exercised recently it is advisable to be cleared by your doctor before participating.

**Locations** - We may meet at any of the following locations on Saturdays. (8-9:30 a.m.)

- A. Buddy Attick Park – Greenbelt
- B. Greenbelt Belt Park – Greenbelt
- C. Woodrow Wilson Bridge
- D. Lake Artemesia (near Greenbelt Plaza)
- G. Your neighborhood

**First Meeting** - April 17<sup>th</sup>, Greenbelt Recreation Center 8:00 a.m.  
(center is adjacent to Buddy Attick Park)

**Tuesdays** (optional) – Meet at Bowie H.S. Track 7-8 p.m.

**Graduation** - Walk a 5K or 10K for a personal best time.

**Communication** – Will be by e-mail. Program point of contact: Dan Grasso - [daniel2d@hotmail.com](mailto:daniel2d@hotmail.com)

To get the most out of this, or any fitness program, individual effort between sessions is essential.

Session 1 - Introductions / sign in routine / gauge individual fitness levels /  
Future sessions - Increase walking distance and /or speed.

How did you get here? One step at a time.