



# Prince George's Running Club's Beginning Runner's Program

[www.pgrc.org](http://www.pgrc.org)

Are you looking for a way to incorporate  
running into a healthier lifestyle?

**Look no further...**

Improve your physical fitness

Meet other beginners and *re*-beginners with similar goals

Learn how to pace yourself appropriately and to run with proper  
form to prevent injury

Make regular exercise a habit

Train for an organized 5K race

**Locations and Times:**

Saturdays at 8 a.m. – Lake Artemesia, College Park

Tuesdays at 6:30 p.m. – Bowie H.S. track

The program begins **May 5<sup>th</sup>, 2007** and will accept new  
participants until **May 26<sup>th</sup>**. We celebrate with an organized 5K  
run in late August!

*Entry is \$20 for PGRC members and \$30 for nonmembers.*

Visit our website [www.pgrc.org](http://www.pgrc.org), email Bob at [bobg@radix.net](mailto:bobg@radix.net) or  
call PGRC at (202)-521-1495