

☆☆☆ MAYOR BOWSER'S

FRESH START 5K

PRACTICE RUN/ WALKS

Wednesday, December 16, 2015

Meet at 6 pm
Depart Freedom Plaza at 6:15 pm

Saturday, December 19, 2015

Meet at 9:30 am
Depart Freedom Plaza at 9:45 am

Meet Up Location

West side of Freedom Plaza
1350 Pennsylvania Ave., NW

Be sure to bring water as we continue to #GetFitDC!!

Join Team FitDC at the west side of Freedom Plaza for two practice run/walks in preparation for the January 1st Fresh Start 5K Run/Walk. Learn safety tips, great warm-up techniques and enjoy a practice run/walk with #TeamMuriel. We will have training for all skill levels.

For more information on the January 1, 2016 Fresh Start 5K Walk/Run, visit www.FitDC.com

