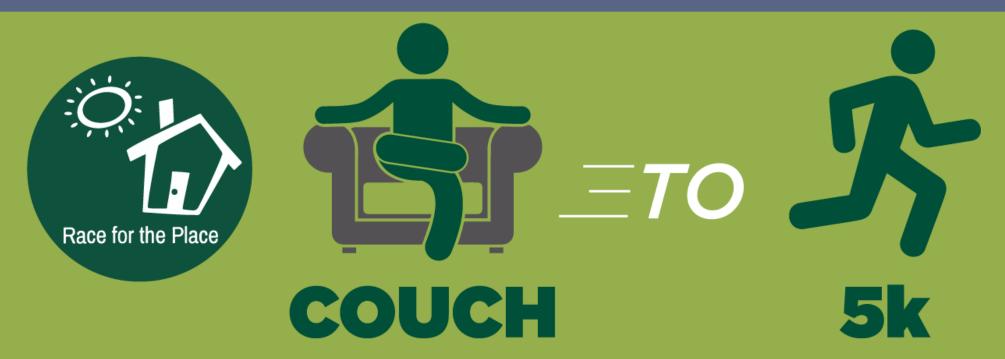
Announcing a 5-week 5k training program to prepare for walking or running the Race for the Place on Sunday, April 19th!



Open to MSU faculty, staff, and students. Join us for a group walk/run every Wednesday at 5:30 p.m. from March 18th - April 15th. Participants will receive \$10 off their Race for the Place registration!



If interested, contact Brittany Richard

at rich1087@msu.edu to sign up



Meets at IM East. Start each session with a dynamic warm-up, 20-30 minutes of cardio, then finish with flexibility. If participants attend all 5 sessions, they'll receive the \$10 discount code. In order to register for the C25K Program, they'll have to e-mail BR