



Join us for a Healthy St. Pete Fit City 5K
Training Kick-off Party
Saturday, February 17, 2018

Al Lang Park

230 1st St. SE

St. Petersburg, FL 33701

(Meet in grassy area near stadium along Bayshore Dr. SE, near the water)

8:00 – 10:00 a.m.

FREE

Learn some running basics and get moving with a fun group! This training group will prepare you for the Race for the [Cupcake 5K](#) in March and [Fit City 5K](#) in April. Free training information will be provided. This is a great program for beginners or those looking to run their first 5K. Bring your smiling faces, running clothes, running shoes and a water bottle. Healthy St Pete partner Back 2 Normal will provide a brief overview of recovery steps and stretching exercises. [Kahwa Coffee](#) and hydration from [Gatorade](#) will be provided to all participants.

Other fun giveaway items and incentives for race sign-up will also be available.

Other ways to train:

Register with St. Pete Running Company - Couch to 5K <https://stpeterunningco.com/pages/training>

Free group runs with St. Pete Running Company - <https://stpeterunningco.com/pages/group-runs>

Other group runs in St. Pete (fees may apply) - <https://www.fit2run.com/training-programs>
<http://sprr.org/about-us/group-runs/>

Healthy St. Pete Fit City 5K Registration & Information:

<https://runsignup.com/Race/FL/SaintPetersburg/CityofStPeteFitCityCelebration5K>



FOR MORE INFORMATION CONTACT

Healthy St. Pete (727) 892-5994 or kim.lehto@stpete.org

Please consult your physician prior to starting an exercise regimen.