

RGR Run. Gear. Run.™

Family Night

It's all about healthy fun and it's so easy. Just get together on a Wednesday evening, bring your families and running shoes, then run or walk a 1-3 mile route. Plain and simple. Loads of fun. A family fun run is a great way for kids to share their new-found love for exercise and healthy living with their families.

When: 1st Wednesday of every month
6pm - 7pm

Where: Run Gear Run (18720 Stone Oak Pkwy #150)

Who: Teens, Tweens, Adults... jogging strollers welcome!

Kids will have the opportunity to accumulate grades on their **R**unning **R**eport **C**ards and redeem for free stuff!!

We will introduce

- warm-ups
- stretching
- hydration
- cool-downs



For more info contact RGR (210) 490-9987
www.RunGearRun.com