

SOCIAL DISTANCE RUN & WALK CLUB



Running and walking are not cancelled. Join us for a virtual running competition in April.

- **Weekly challenges**
- **Virtual 5K on May 1**
- **Join a group and get moving**
- **Groups for all fitness levels**

Groups and challenges include:

- **Marathon, Walking, 50 mile, & 75 mile club**
 - **Most weekly miles**
 - **Fastest mile**
 - **Fastest two miles**

Email or call Zach at the info below to get registered for free.



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Questions Contact– zachh@kandiyymca.org**