

On your mark
get set
TROT!

**Runners &
Walkers
Welcome!**



**Friday, Nov 20 • 6am
Bay Palms Golf Course**



**SAFELY
SERVING
YOU**

Each group (walkers or runners) will be put into groups of 10 max participants. Groups will run in heats with two minutes separating each group of 10. **Masks must be worn before the start of the race.** Mask wearing while running will be up to the runner/walker.

**SHORT
FITNESSCENTER**
MACDILL AFB FL

For More Info Call:

828-4496

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