



# NO BOUNDARIES

## 5K TRAINING



## **TRAIN TO WALK OR RUN YOUR FIRST OR FASTEST 5K THIS FALL!**

- Leadership and instruction from our certified coaches
- Support from training program graduates turned mentors
- In-depth knowledge and passion from a local community focused staff
- Pace Groups for all abilities, including: Running/Walking - 15/30 Run/Walk Interval Training

**FALL TRAINING SESSION BEGINS OCTOBER 16TH**

<https://runsignup.com/Race/OK/Tulsa/NoBoundaries>

**FLEET FEET**

TULSA • BROKEN ARROW

