



Interested in Walking?

Would you love to be able to walk a 5 K (3.1 miles) but this seems out of the question right now?

Please join the First State Webfooters Walking Club
in our **Second Annual
Couch to 5K walking program!!**

We will be meeting each **Tuesday evenings at 6 PM** at various venues around Dover starting **April 11, 2017**. The first meeting we will walk 1/2 mile and then add 1/2 mile each week until we are ready to walk a 5 K!!

For more information please see our website at
www.mdvolks.org/FSW

or contact walk organizers: Margie MacLeish

Email: tmmac4sons@aol.com; Phone: 302-222-8269

Jim McDonald—Home: 302-535-8999; Mobile: 410-596-3853;
Email: mcdon20708@gmail.com

A black starburst graphic with multiple points, containing red text.

**First walk to be held at
Caesar Rodney High
School Outdoor Track!**

