

If you've ever thought of walking, jogging or running a 5K fun run, here's your chance to get in shape for one!

Join the ShadowChase Running Club's 5K Mentor Group



This informal, yet informational, training program will get you in shape to complete the Modesto Classic 5K, May 29, in Tuolumne River Park. *(For more information on the Modesto Classic, visit www.shadowchase.org)*

The mentoring sessions will be conducted by veteran runners and coaches in East LaLoma Park at **6 p.m., every Wednesday, beginning March 17**. All abilities, from beginners to not-so-beginners. Walkers welcome and encouraged. We'll have a walking group leader, too.

The sessions will run for about an hour. Meet at the covered picnic area near the parking lot. Wear comfortable clothing and good walking/running shoes.

To get to the covered picnic area, drive south on Oakdale Boulevard past Scenic Drive. Take the next right and head west on Edgebrook for about four blocks. At the first stop sign, take a right into East LaLoma Park and drive down to the parking area.

For more information, e-mail modestoclassic@shadowchase.org.

Sponsored by the ShadowChase Running Club
www.shadowchase.org

