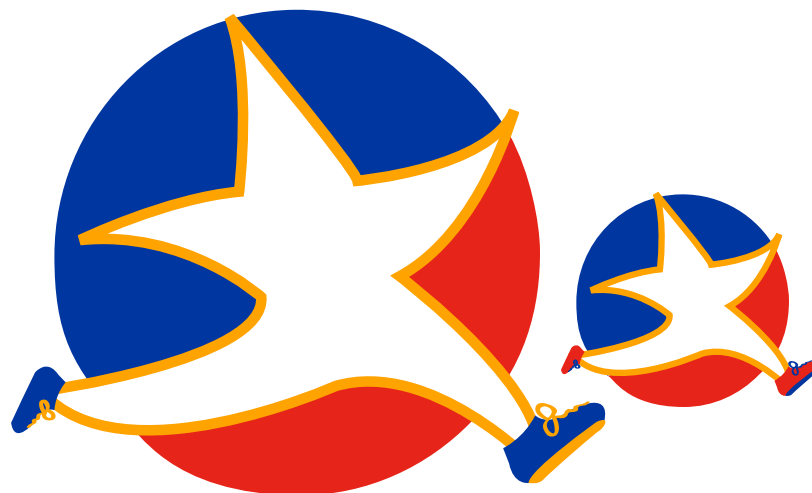


# FREE Saturday Morning WALK/RUN GROUP!

## TRAIN FOR THE:



## DELL Children's Medical Center **5K** and **FAMILY FUN FAIR**

Receive 5K Guide: Training plan to help you go from 0 miles to 3.1 miles by race day!

Dell Children's Medical Center  
4900 Mueller Blvd, Austin, TX  
Meet at Main Entrance Circle Drive

Attend at least 3 training sessions and receive an exclusive 5K T-shirt!

Every Saturday Morning  
starting JANUARY 21st  
10 am - 11 am

**Receive encouragement, meet new people and have fun!**