

Ever wanted to participate in a 5k but had no idea how to get ready?



We have the answer!

Join representatives from Forrest General Hospital and the University of Southern Mississippi to obtain your training.

For more info contact Jessi at 601.288.3884 or Jodi at 601.266.5266

- Two days per week - Instructor led training - Tuesday and Thursday  
6:15 am or 5:30 pm
- Kick Off - Tuesday August 21, 5:00 pm - 6:30pm  
Guest Speaker at 5:30 pm  
(FGH Intervent Office - 2807 Arlington Loop)  
  
Thursday August 23, 5:00 pm - 6:30 pm  
Guest Speaker at 5:30 pm  
(Payne Center Atrium)
- Run date: October 20. Registration begins at 8:00 am  
at Long Leaf Trace. Race begins at 9:00 am