

Run Together Thrive Together

Train for Tails & Trails (or another 5k Race)

Starting June 22

**Join Us Every Monday
& Wednesday at 5:30 PM!**

Location Meet at the
Scout Statue

Bring your dog, bring a friend,
and let's hit the trails together!

As part of our VitalPath wellness initiative, this free training club is designed to support your movement and mental wellness goals. Whether you're walking, jogging, or running, we're in this together.

If you can't join us, you can still follow the week-by-week plan. By the end of week 4, you'll be ready to complete a 5K race without taking a break.

June 22	Monday
June 24	Wednesday
June 29	Monday
July 1	Wednesday
July 6	Monday
July 8	Wednesday
July 13	Monday
July 15	Wednesday
July 20	Monday
July 22	Wednesday
July 27	Monday
July 29	Wednesday
August 3	Monday
August 5	Wednesday

August 8 Saturday

Tails & Trails



Questions? Contact Mindy McFadden,
Wellness Coordinator at 307.578.2561 or
mmcfadden@codyregionalhealth.org.