

WALK-RUN-JOG CLUB (WRJC)

COMING IN 2025!!!

Who: Any Penn National resident who wants to walk, run, run/walk, or jog in the neighborhood with like-minded people, meet new friends, and support the Penn National Community

What: Beginning at the PN Clubhouse area, members can try different routes, distances and terrain each week at their own pace (see suggested routes& locations)

Where: Meet at the covered picnic tables next to the trellis (Clubhouse option when open)

When: Sunday January 12th – **Kick Off Day**

Monthly meet ups:

- Second Sunday at 8:45 AM
- Fourth Tuesday at 4:15 PM (time to change to 5:15 PM after March 9, 2025)

Why: A chance to exercise on a regular basis with other club members, prep for the annual Penn National Turkey Trot, meet new neighbors, explore different neighborhoods, get fitter and healthier, get better at the PN hills, enjoy the outdoors, have good conversation, grab a coffee or meal afterwards with new friends, etc.

SUGGESTED ROUTES & LOCATIONS:

For “Kick-Off” dates from January thru March in 2025, proposed routes are on the west side of Anthony Highway (see color-coded Penn National Distance Maps on the PNCA website)

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2025 “KICK-OFF” SCHEDULE:

JANUARY

Sunday the 12th at 8:45 AM– **Kick Off Day**

Tuesday the 28th at 4:15 PM

FEBRUARY

Sunday the 9th at 8:45 AM

Tuesday the 25th at 4:15 PM

MARCH

Sunday the 9th at 8:45 AM (Daylight Savings Time Change)

Tuesday the 25th at 5:15 PM

AS THE CLUB EXPANDS AND GROWS:

- Locations to expand to the east side of Anthony Highway
- Excursions to Norlo Park and other local areas
- Add more days and dates to the schedule
- Member suggestions welcome!

SAFETY REQUIREMENTS:

ALL ACTIVITIES ARE AT YOUR OWN RISK

Please bring whatever you may need to enjoy your exercise and be safe on your walk/run/jog such as wearing safety vests, warm gloves, hats, etc. Bring your water bottles too!

Please be mindful of traffic laws, walking no more than 2 across, at the edge of the roadway/close to or on the grass, & in the opposite direction of traffic. Please do not litter.

Interested? Contact Michele at michyb53@yahoo.com