

WALK-RUN-JOG CLUB (WRJC)

MARCH, APRIL and MAY 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: WRJC Clubbers can try different routes, distances and terrain each week at their own pace.
Current route maps: <https://www.pnca.info/pdfs/WRJCMaps.pdf>

Where: Meet at the Clubhouse in March & April; Beginning in May, meet at the covered picnic tables next to the trellis
NEW: Additional off-site locations for Saturday outings beginning in May

When: Monthly meet ups: Second Sunday at 8:45 AM
 Fourth Tuesday at 5:15 PM
NEW: Third SATURDAY starting in May at 10:00 AM

MONTH	DAY	DATE	TIME	LOCATION	SAFETY REQUIREMENTS:
MARCH	Sunday	9 th	8:45 AM	Clubhouse	**ALL ACTIVITIES ARE AT YOUR OWN RISK**
	Tuesday	25 th	5:15 PM	Clubhouse	
APRIL	Sunday	13 th	8:45 AM	Clubhouse	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.
	Tuesday	22 nd	5:15 PM	Clubhouse	
MAY	Sunday	11 th	8:45 AM	Trellis	By participating, all “clubbers” hold PNCA, any locations, and any & all volunteers harmless from any claims that may arise from these activities.
	NEW: SATURDAY	17 th	10:00 AM	Norlo Park (Pavilion 1)	
	Tuesday	27 th	5:15 PM	Trellis	

Bring whatever you may need to enjoy your exercise and be safe on your walk/run/jog such as wearing appropriate footwear, safety vests, warm gloves, hats, sun visors, sunscreen, etc. Don't forget your water bottles!

Interested? Contact Michele at michyb53@yahoo.com