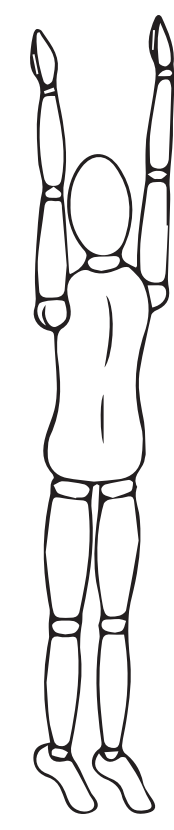


This Map will help you map your route! **The green line is a 1 mile route and the blue line is a 5K (3.1 miles) route (loop 3 times).**

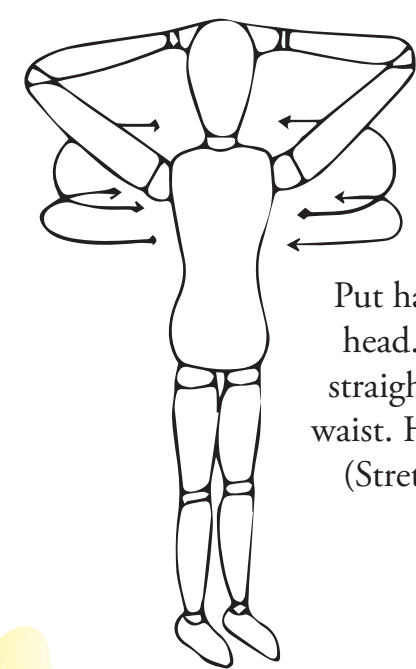
*With the help of your neighbors and the City, these are safe routes that include sidewalks and stop lights during your exercise.*

[www.gofarclub.org](http://www.gofarclub.org)

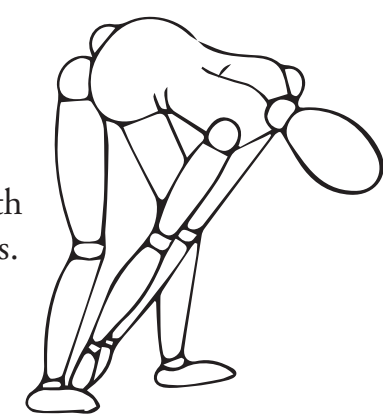
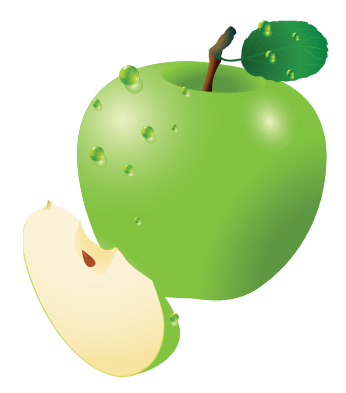
Before you start your run, here are some suggestions on how to stretch your body.



**Giraffe**  
Reach high above your head with straight arms. Hold 5-10 seconds. (Stretching Torso)



**Bat**  
Put hands behind your head. Keep your back straight and twist at the waist. Hold 5-10 seconds. (Stretching Torso and Chest)

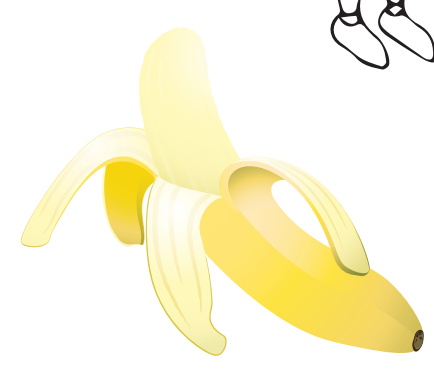


**Elephant**  
Straddle your legs and reach through your straddled legs with your hands. Hold 5-10 seconds. (Stretching Hamstrings)



**Nutrition: Healthy snack ideas that will provide you with lots of vitamins!**

- Water—Hydration is key!
- All natural peanut butter and carrot sticks.
- Bananas (Vitamin C, Fiber, Potassium and Phosphorus.)
- Red Grapes (Vitamin A, C, Fiber and Flavonoids.)
- Oranges (Vitamin C, Fiber, antioxidant.)
- Fat free pudding snacks (Calcium and Protein.)

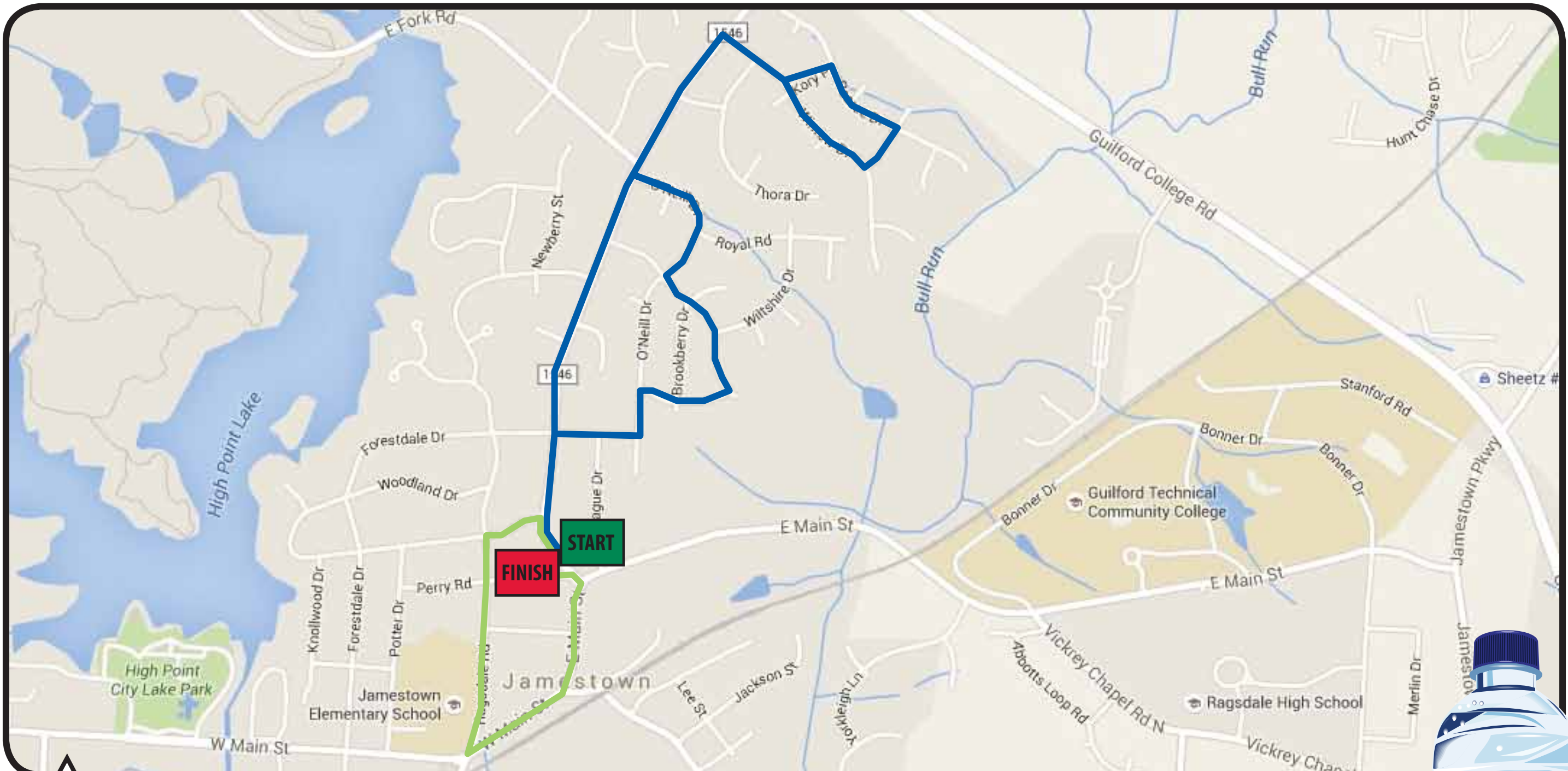






# GO FAR

GO OUT FOR A RUN

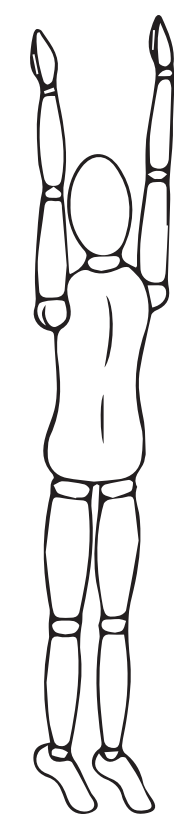


This Map will help you map your route! **The green line is a 1 mile route and the blue line is a 5K (3.1 miles) route.**

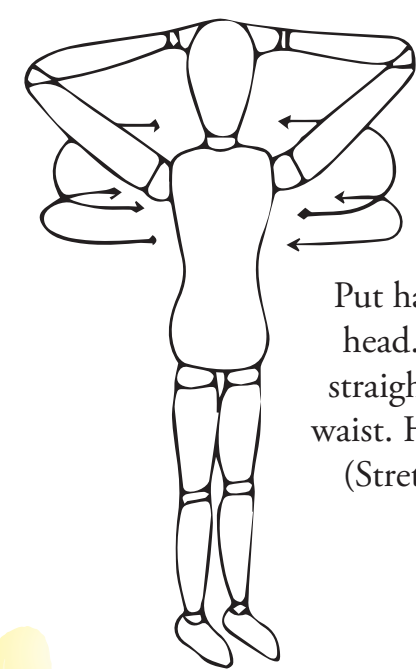
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[www.gofarclub.org](http://www.gofarclub.org)

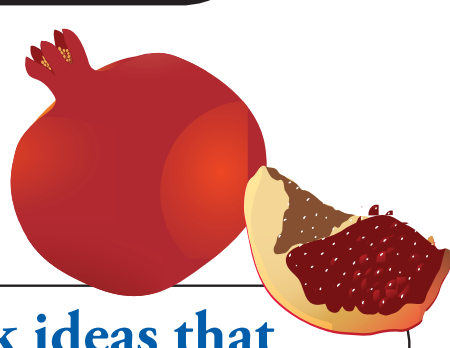
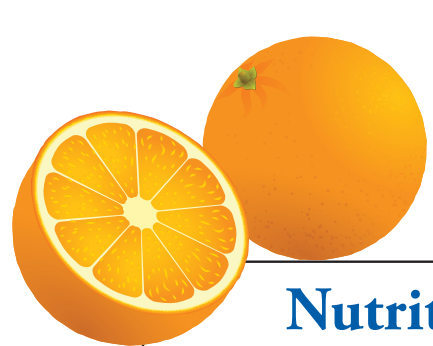
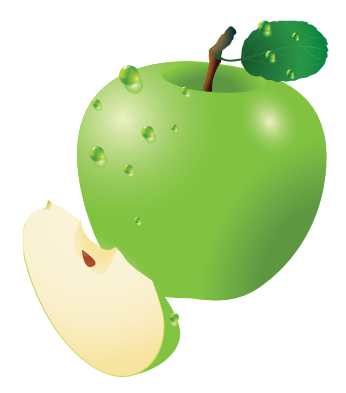
Before you start your run, here are some suggestions on how to stretch your body.



**Giraffe**  
Reach high above your head with straight arms. Hold 5-10 seconds. (Stretching Torso)

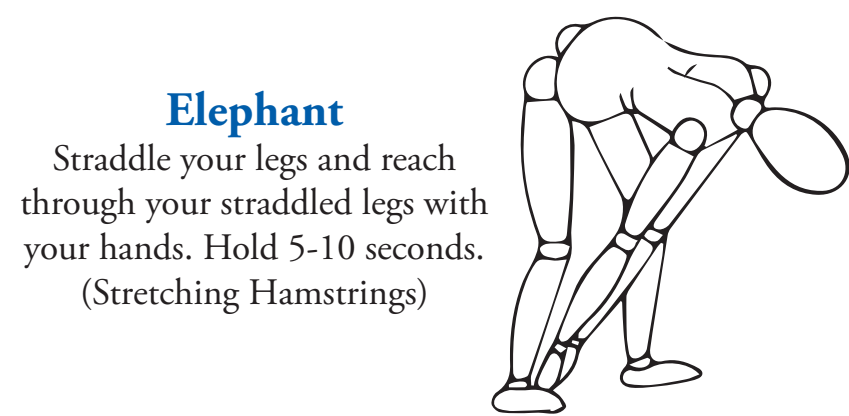
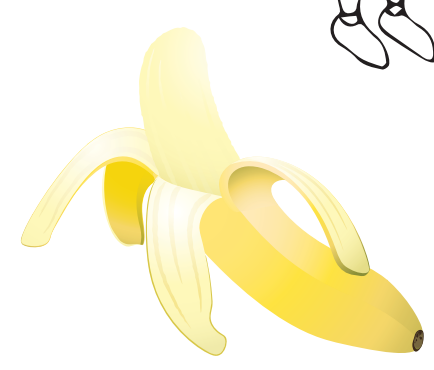


**Bat**  
Put hands behind your head. Keep your back straight and twist at the waist. Hold 5-10 seconds. (Stretching Torso and Chest)



**Nutrition: Healthy snack ideas that will provide you with lots of vitamins!**

- Water—Hydration is key!
- All natural peanut butter and carrot sticks.
- Bananas (Vitamin C, Fiber, Potassium and Phosphorus.)
- Red Grapes (Vitamin A, C, Fiber and Flavonoids.)
- Oranges (Vitamin C, Fiber, antioxidant.)
- Fat free pudding snacks (Calcium and Protein.)



**Elephant**  
Straddle your legs and reach through your straddled legs with your hands. Hold 5-10 seconds. (Stretching Hamstrings)







This Map will help you map your route! **The blue line is a 5K (3.1 miles) route**

*With the help of your neighbors and the City, these are safe routes that include sidewalks and stop lights during your exercise.*

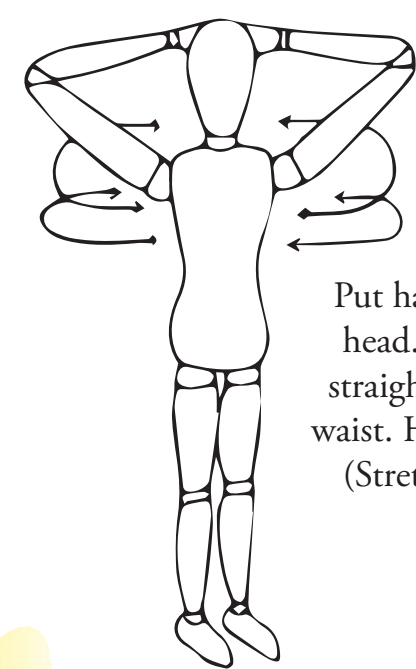
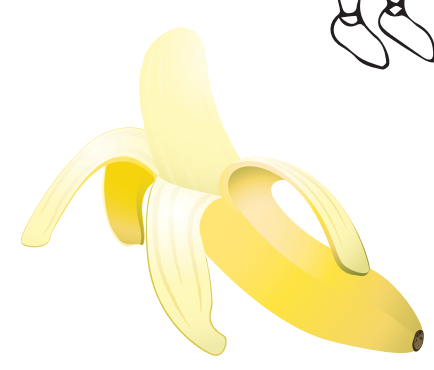
[www.gofarclub.org](http://www.gofarclub.org)

Before you start your run, here are some suggestions on how to stretch your body.

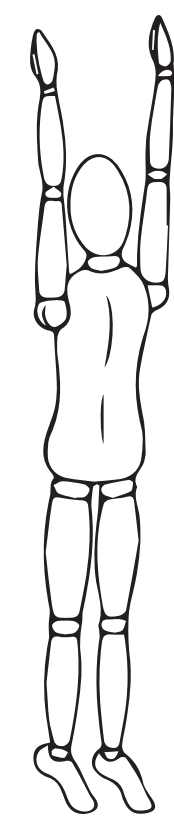


**Nutrition: Healthy snack ideas that will provide you with lots of vitamins!**

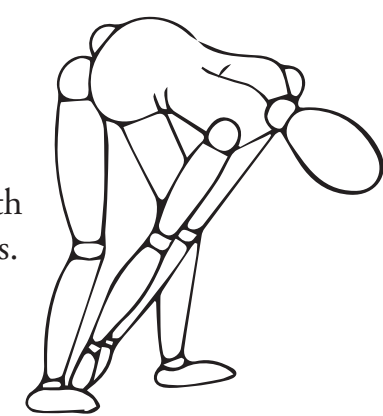
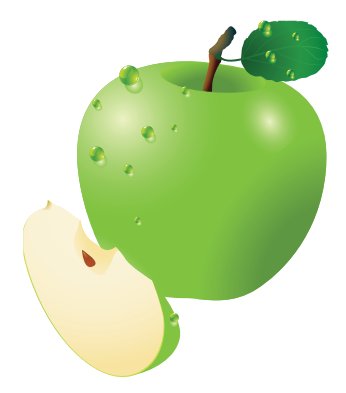
- Water—Hydration is key!
- All natural peanut butter and carrot sticks.
- Bananas (Vitamin C, Fiber, Potassium and Phosphorus.)
- Red Grapes (Vitamin A, C, Fiber and Flavonoids.)
- Oranges (Vitamin C, Fiber, antioxidant.)
- Fat free pudding snacks (Calcium and Protein.)



**Bat**  
Put hands behind your head. Keep your back straight and twist at the waist. Hold 5-10 seconds. (Stretching Torso and Chest)



**Giraffe**  
Reach high above your head with straight arms. Hold 5-10 seconds. (Stretching Torso)

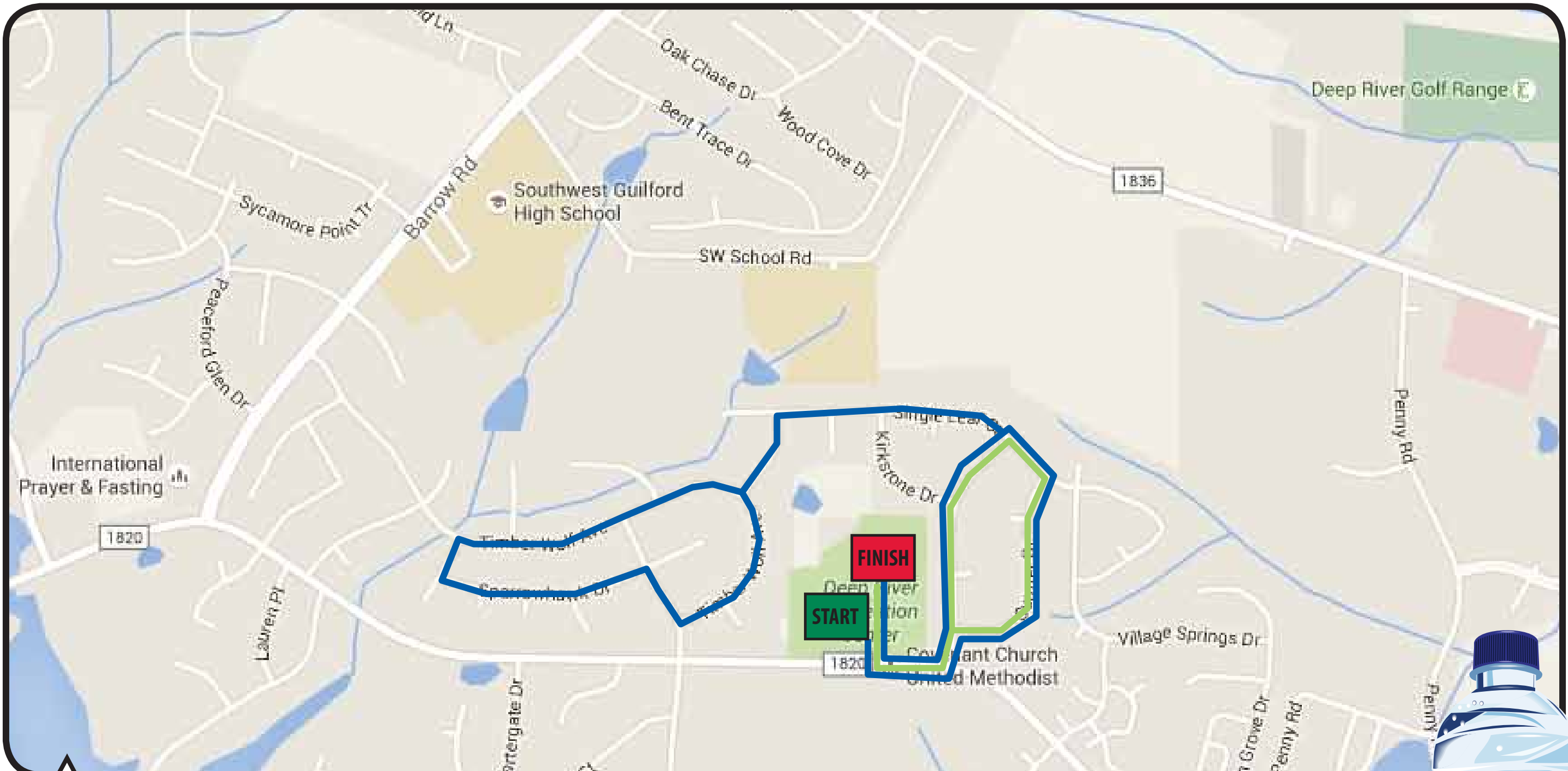


**Elephant**  
Straddle your legs and reach through your straddled legs with your hands. Hold 5-10 seconds. (Stretching Hamstrings)



# GO FAR

GO OUT FOR A RUN



This Map will help you map your route! **The green line is a 1 mile route and the blue line is a 5K (3.1 miles) route.**

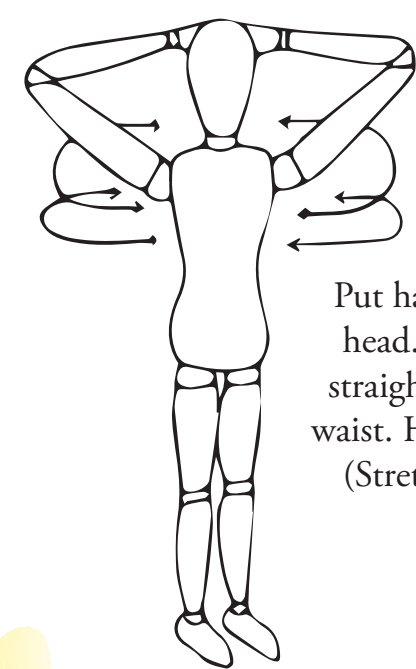
*With the help of your neighbors and the City, these are safe routes that include sidewalks and stop lights during your exercise.*

[www.gofarclub.org](http://www.gofarclub.org)

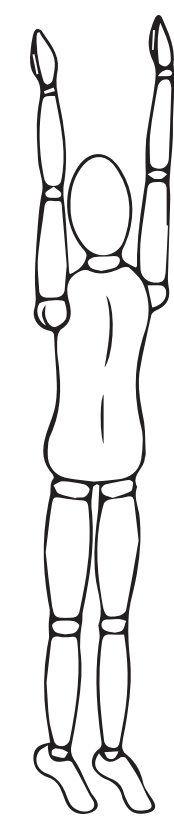
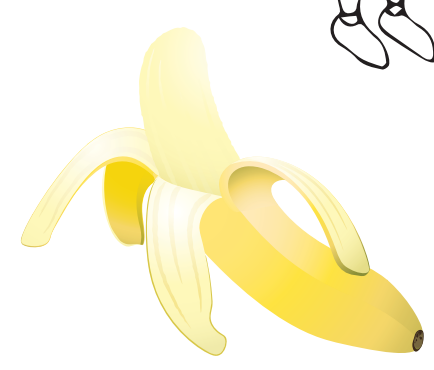
Before you start your run, here are some suggestions on how to stretch your body.



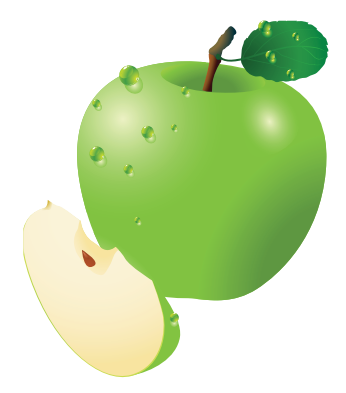
- Nutrition: Healthy snack ideas that will provide you with lots of vitamins!**
- Water—Hydration is key!
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  - Bananas (Vitamin C, Fiber, Potassium and Phosphorus.)
  - Red Grapes (Vitamin A, C, Fiber and Flavonoids.)
  - Oranges (Vitamin C, Fiber, antioxidant.)
  - Fat free pudding snacks (Calcium and Protein.)



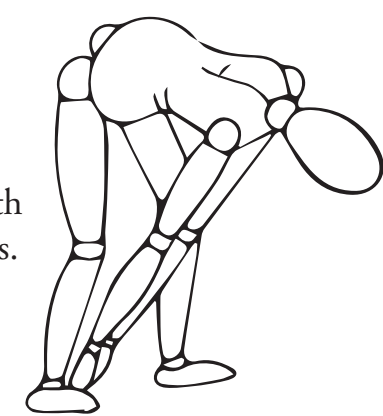
**Bat**  
Put hands behind your head. Keep your back straight and twist at the waist. Hold 5-10 seconds. (Stretching Torso and Chest)



**Giraffe**  
Reach high above your head with straight arms. Hold 5-10 seconds. (Stretching Torso)



**Elephant**  
Straddle your legs and reach through your straddled legs with your hands. Hold 5-10 seconds. (Stretching Hamstrings)

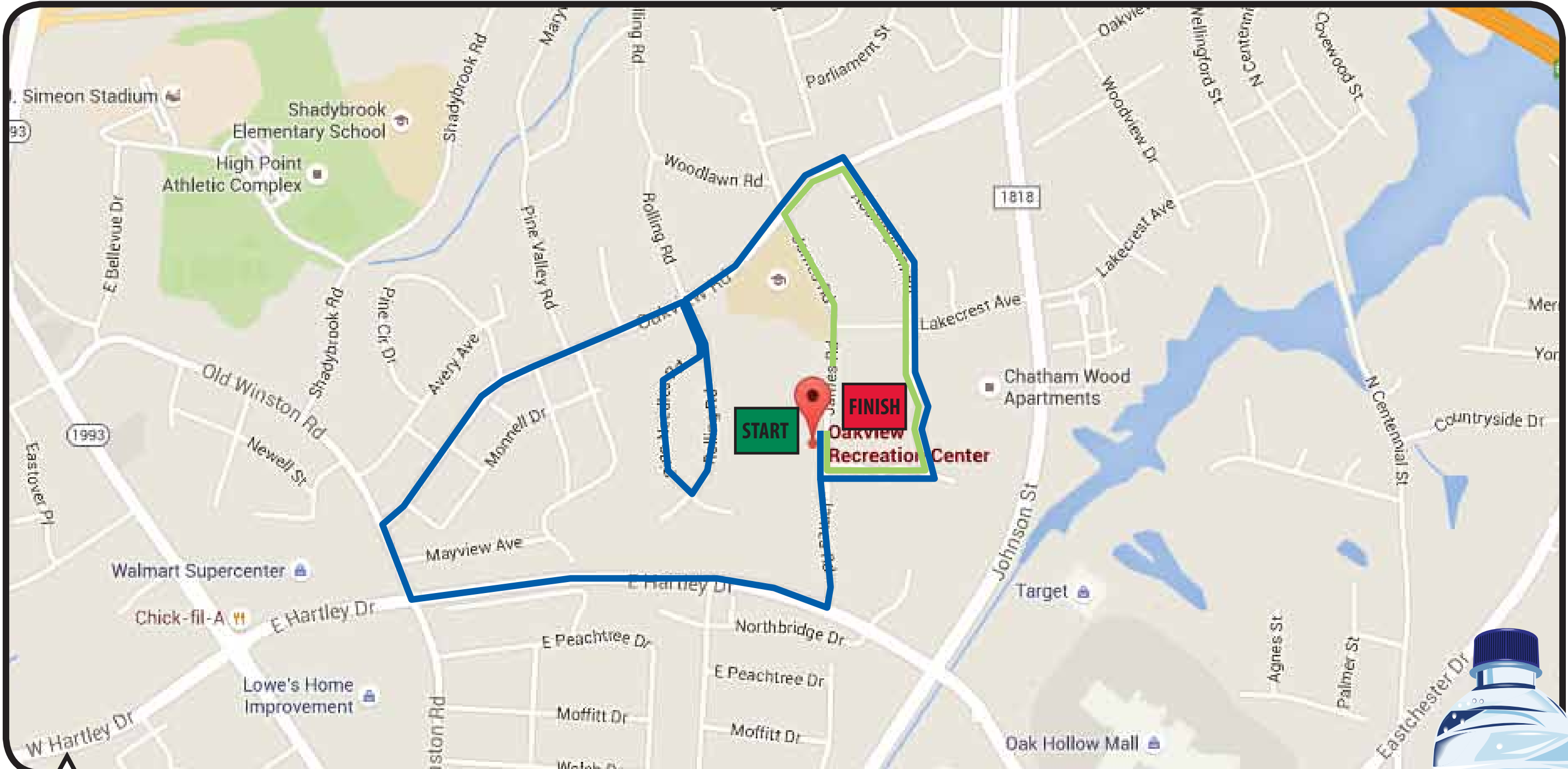






# GO FAR

GO OUT FOR A RUN

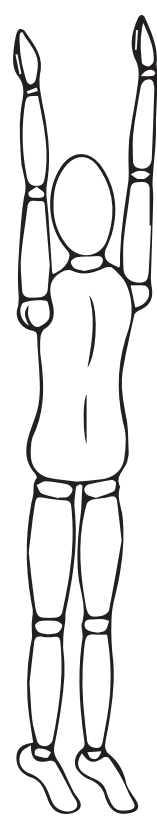


This Map will help you map your route! **The green line is a 1 mile route and the blue line is a 5K (3.1 miles) route.**

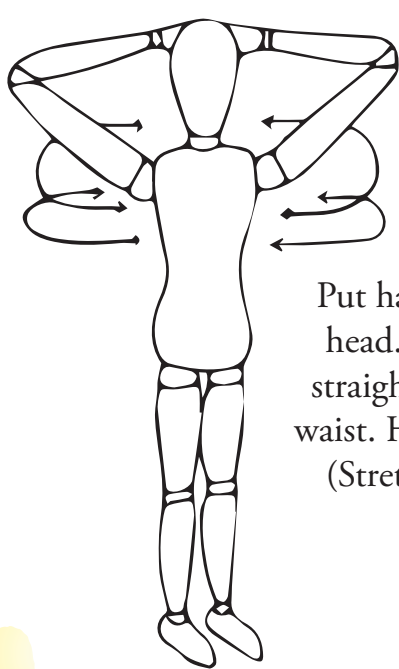
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[www.gofarclub.org](http://www.gofarclub.org)

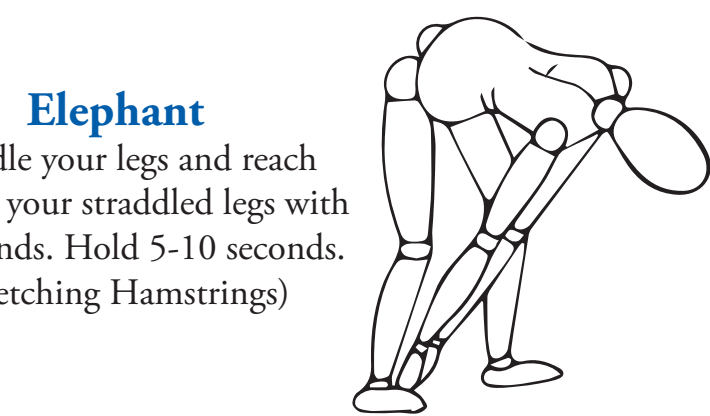
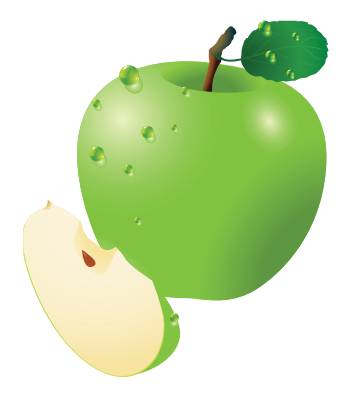
Before you start your run, here are some suggestions on how to stretch your body.



**Giraffe**  
Reach high above your head with straight arms. Hold 5-10 seconds. (Stretching Torso)



**Bat**  
Put hands behind your head. Keep your back straight and twist at the waist. Hold 5-10 seconds. (Stretching Torso and Chest)



**Elephant**  
Straddle your legs and reach through your straddled legs with your hands. Hold 5-10 seconds. (Stretching Hamstrings)



**Nutrition: Healthy snack ideas that will provide you with lots of vitamins!**

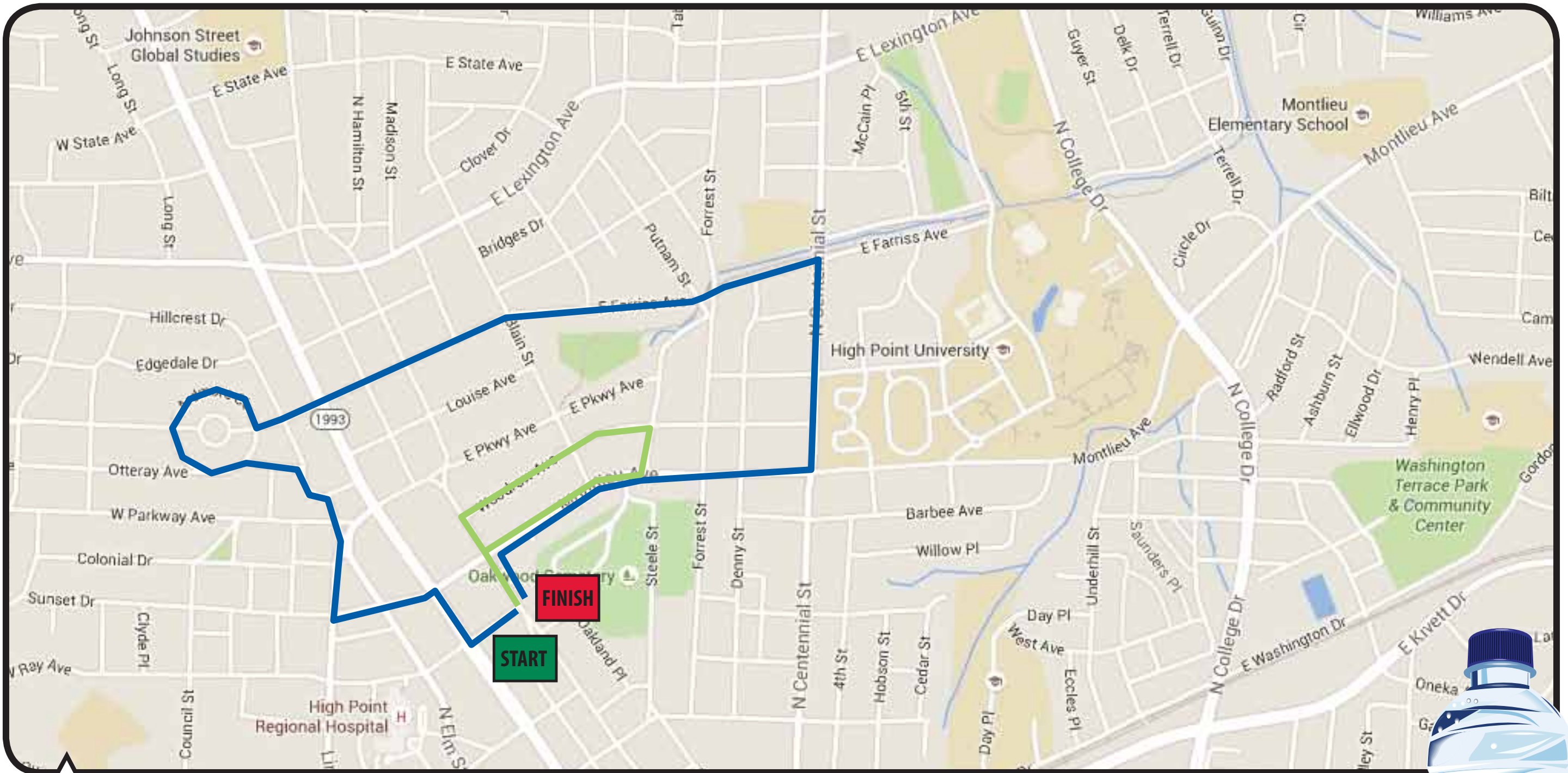
- Water—Hydration is key!
- All natural peanut butter and carrot sticks.
- Bananas (Vitamin C, Fiber, Potassium and Phosphorus.)
- Red Grapes (Vitamin A, C, Fiber and Flavonoids.)
- Oranges (Vitamin C, Fiber, antioxidant.)
- Fat free pudding snacks (Calcium and Protein.)





# GO FAR

GO OUT FOR A RUN

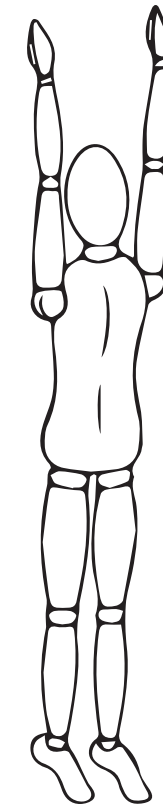


This Map will help you map your route! **The green line is a 1 mile route and the blue line is a 5K (3.1 miles) route.**

*With the help of your neighbors and the City, these are safe routes that include sidewalks and stop lights during your exercise.*

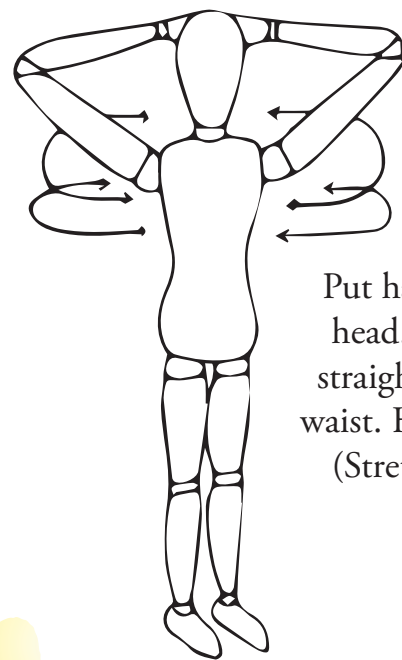
[www.gofarclub.org](http://www.gofarclub.org)

Before you start your run, here are some suggestions on how to stretch your body.



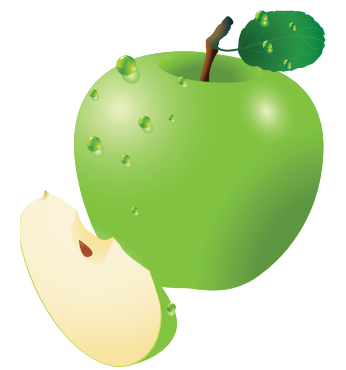
**Giraffe**

Reach high above your head with straight arms. Hold 5-10 seconds. (Stretching Torso)



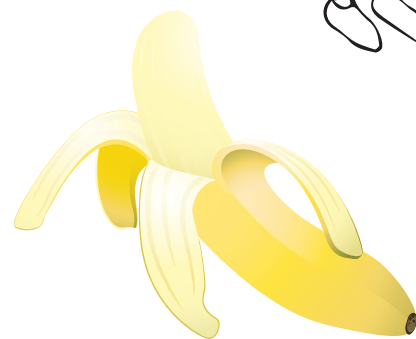
**Bat**

Put hands behind your head. Keep your back straight and twist at the waist. Hold 5-10 seconds. (Stretching Torso and Chest)



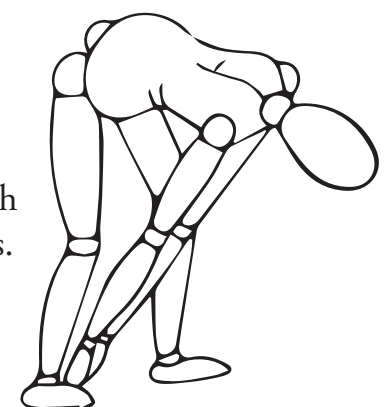
**Nutrition: Healthy snack ideas that will provide you with lots of vitamins!**

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- Oranges (Vitamin C, Fiber, antioxidant.)
- Fat free pudding snacks (Calcium and Protein.)



**Elephant**

Straddle your legs and reach through your straddled legs with your hands. Hold 5-10 seconds. (Stretching Hamstrings)

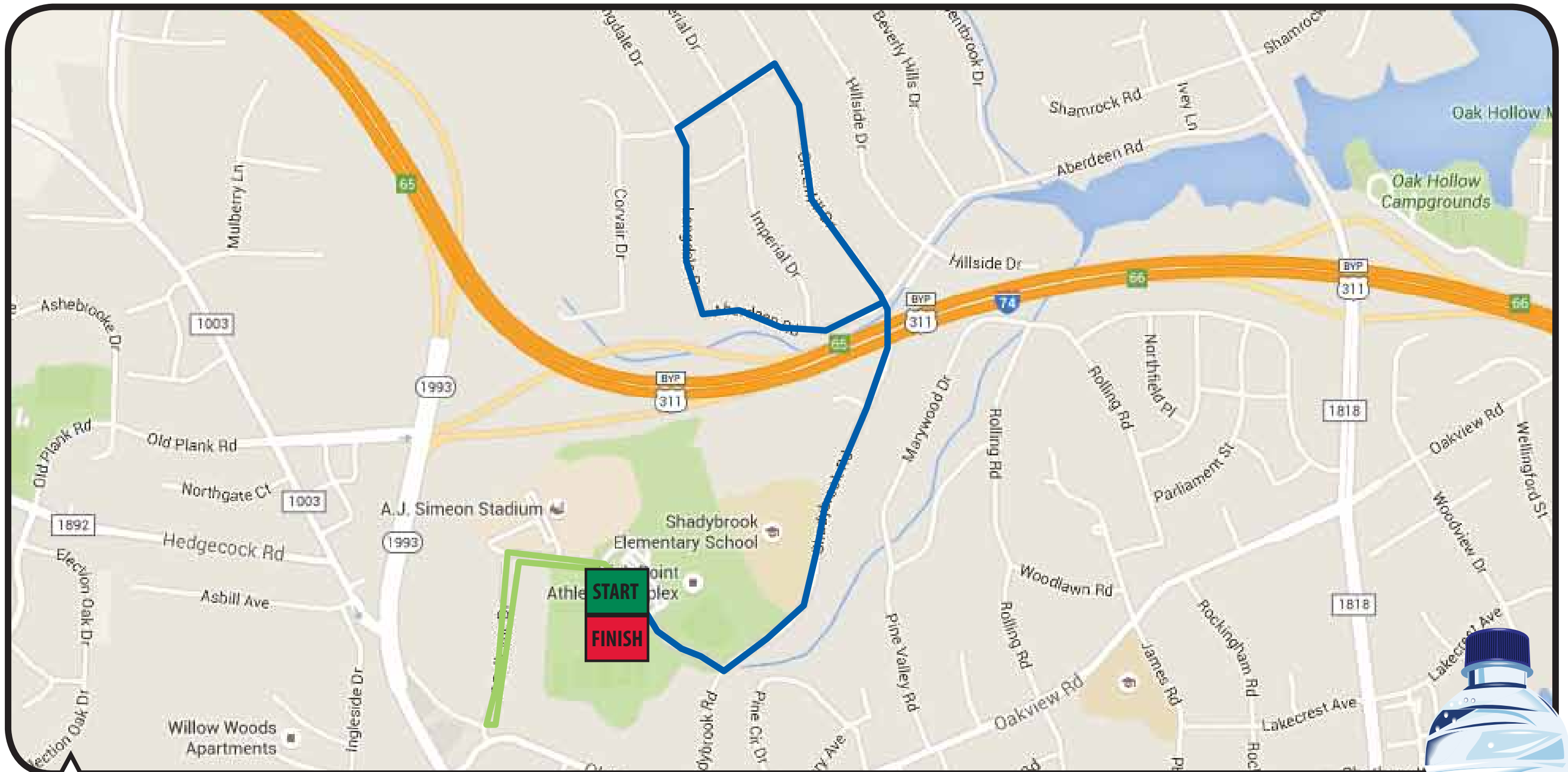






# GO FAR

GO OUT FOR A RUN



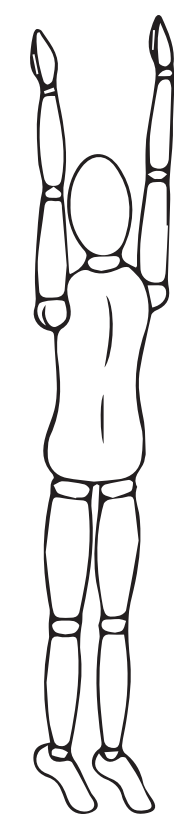
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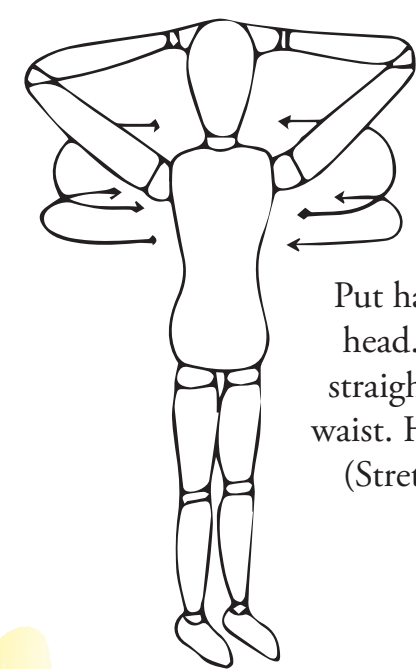
[www.gofarclub.org](http://www.gofarclub.org)



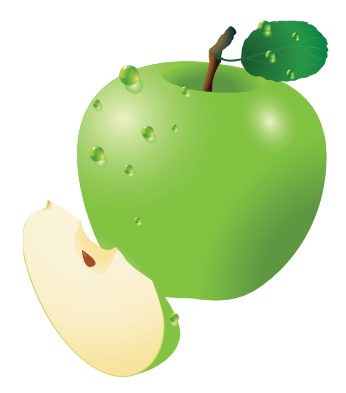
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**Giraffe**  
Reach high above your head with straight arms. Hold 5-10 seconds. (Stretching Torso)

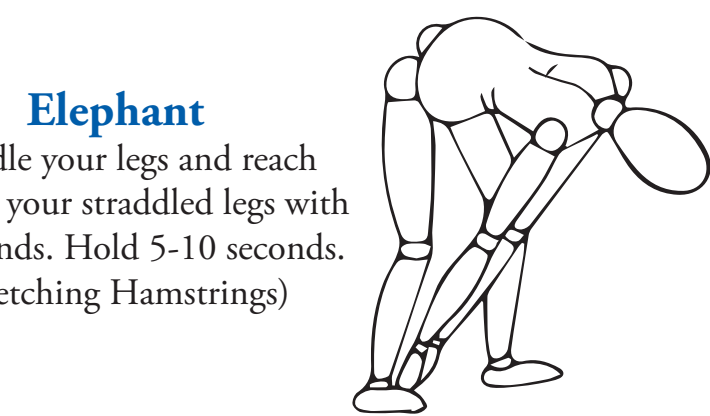
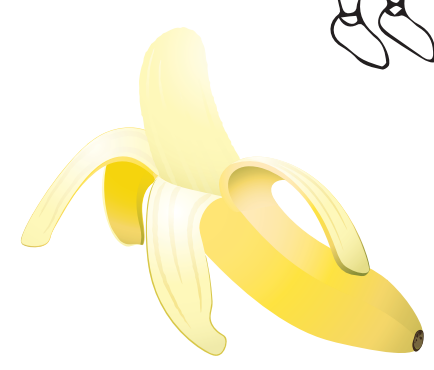


**Bat**  
Put hands behind your head. Keep your back straight and twist at the waist. Hold 5-10 seconds. (Stretching Torso and Chest)



**Nutrition: Healthy snack ideas that will provide you with lots of vitamins!**

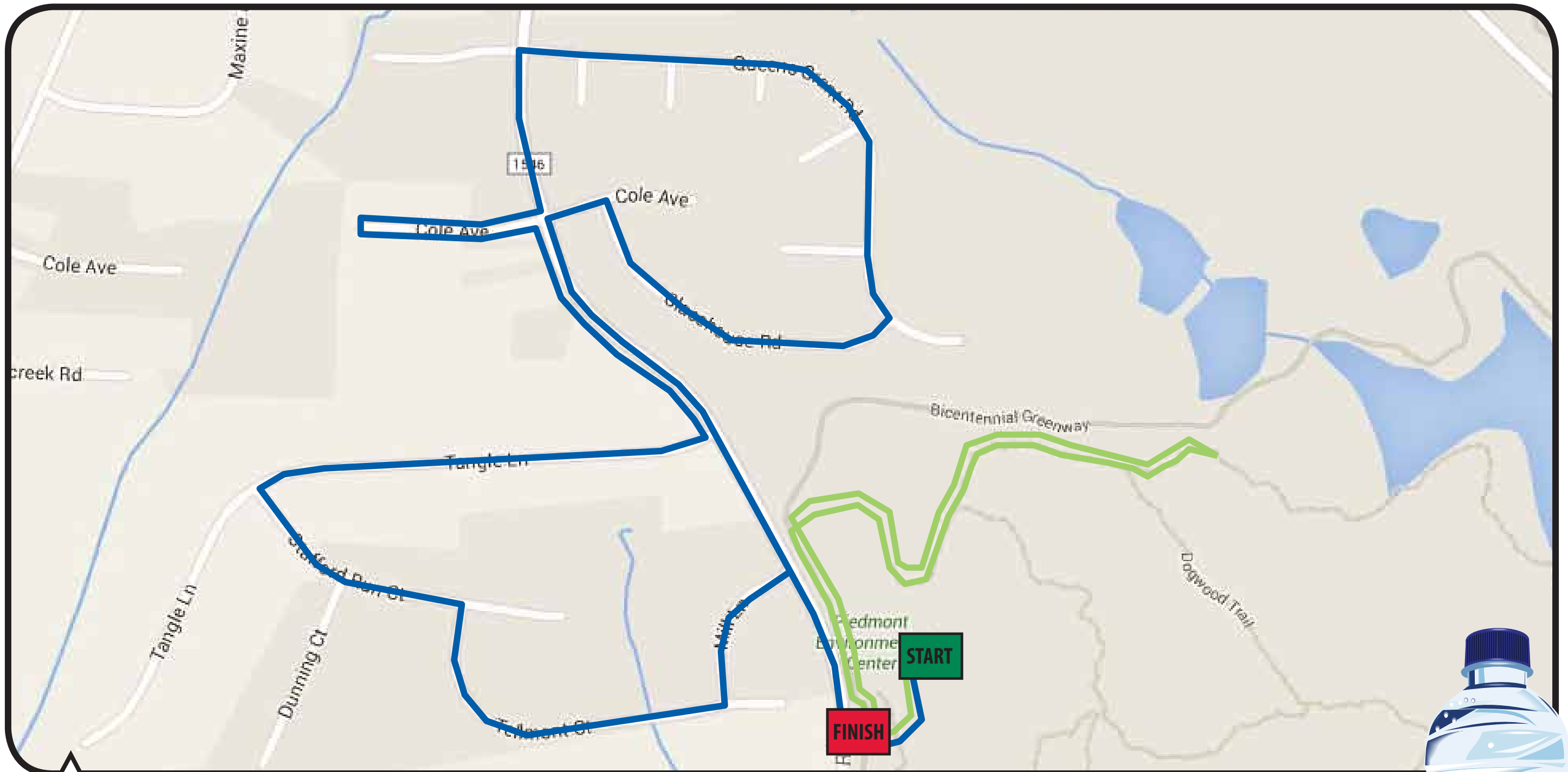
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- Fat free pudding snacks (Calcium and Protein.)



**Elephant**  
Straddle your legs and reach through your straddled legs with your hands. Hold 5-10 seconds. (Stretching Hamstrings)



**GO FAR**  
GO OUT FOR A RUN

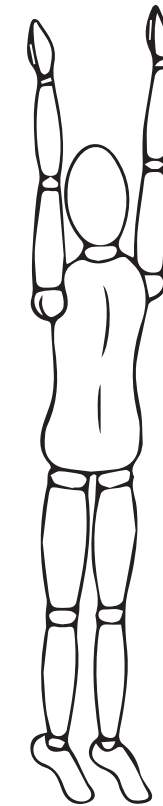


This Map will help you map your route! **The green line is a 1 mile route and the blue line is a 5K (3.1 miles) route.**

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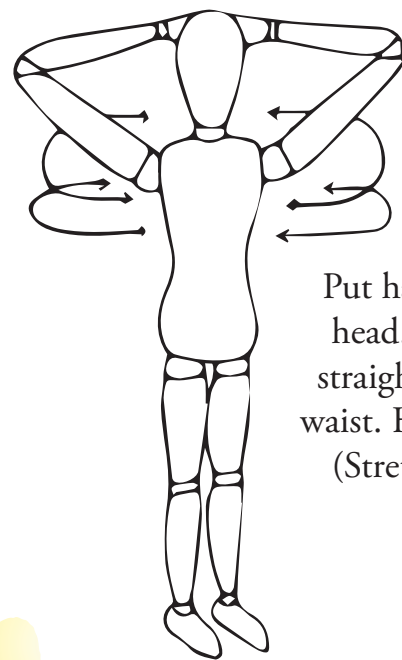
[www.gofarclub.org](http://www.gofarclub.org)

Before you start your run, here are some suggestions on how to stretch your body.



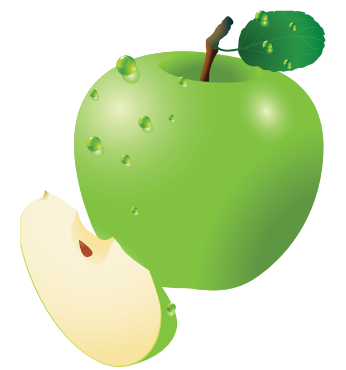
**Giraffe**

Reach high above your head with straight arms. Hold 5-10 seconds. (Stretching Torso)



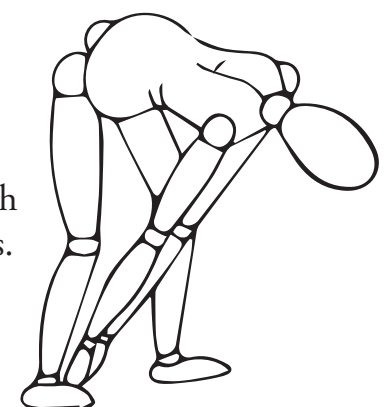
**Bat**

Put hands behind your head. Keep your back straight and twist at the waist. Hold 5-10 seconds. (Stretching Torso and Chest)



**Elephant**

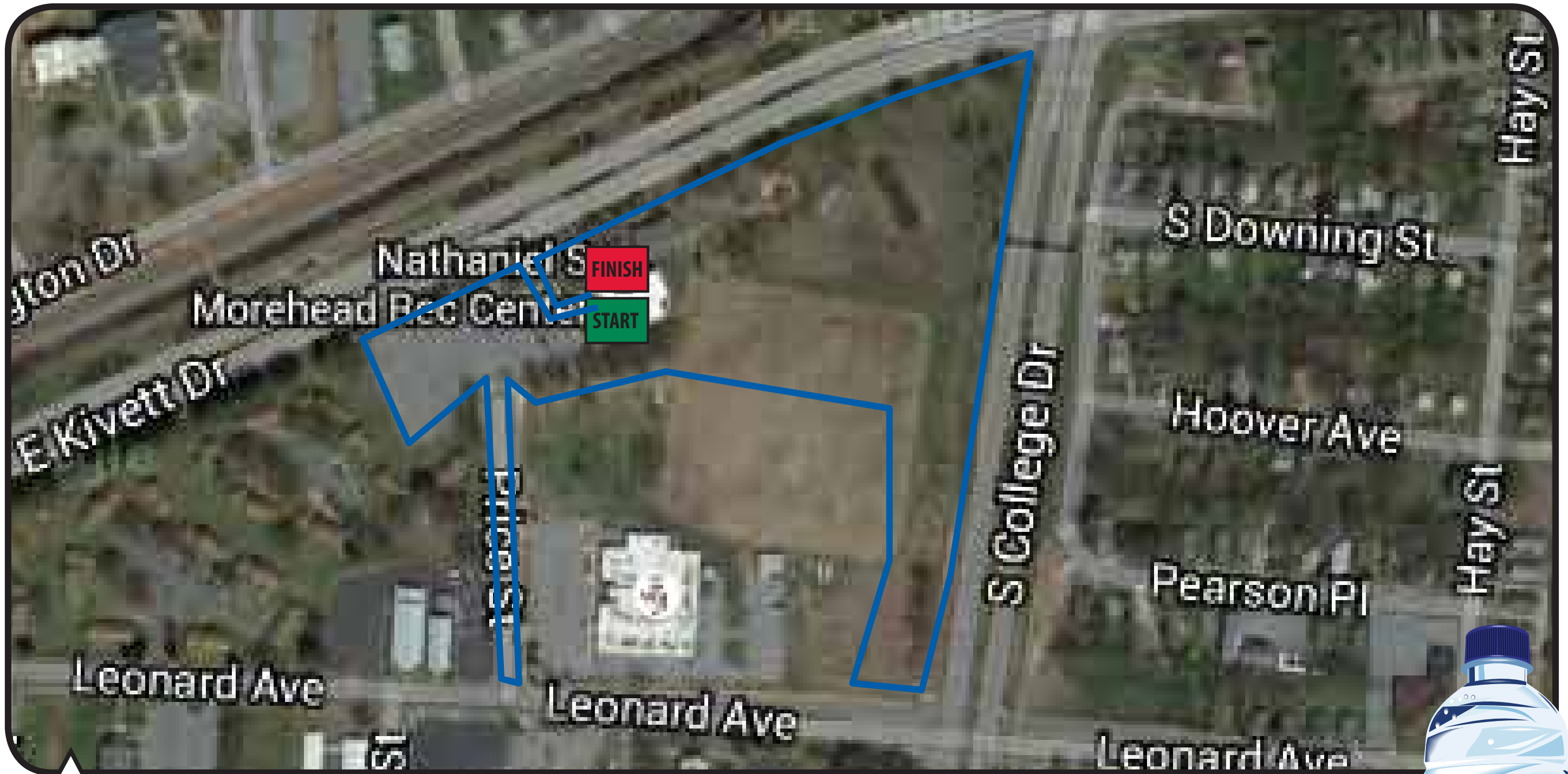
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- Fat free pudding snacks (Calcium and Protein.)



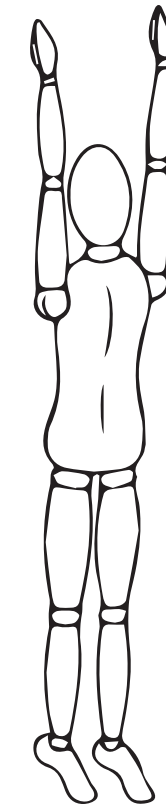


This Map will help you map your route! **The blue line is a 1 mile route (lap 3 times for a 5K (3.1) route)**

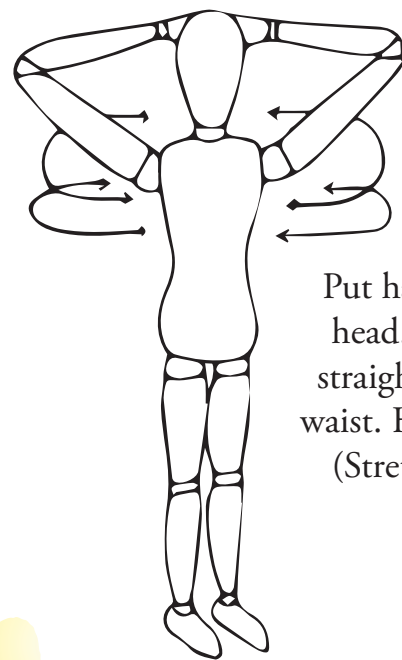
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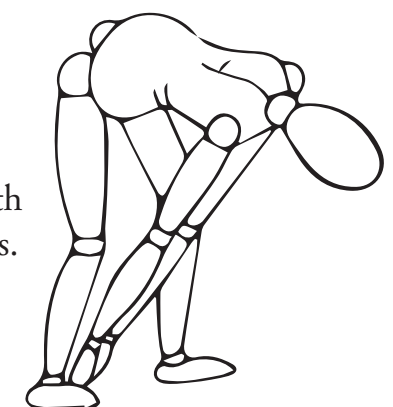
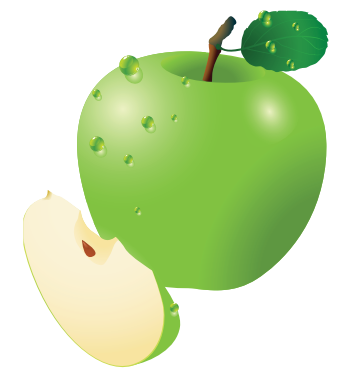
Before you start your run, here are some suggestions on how to stretch your body.



**Giraffe**  
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**Bat**  
Put hands behind your head. Keep your back straight and twist at the waist. Hold 5-10 seconds. (Stretching Torso and Chest)



**Elephant**  
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