

*Walk*

*Jog*

*Run*



## Join Team FPC

Training for

The Midnight Flight

1 Mile \* 5K \* 10K

September 3, 2010

Led by

*Fred Tolly and Jennifer Benson*

**10 Week Training Session  
Begins June 26, 2010  
At the McCants Track**

**Mondays and Wednesdays**

**Morning 5:30 a.m.**

**Evening 6:30 p.m.**

Registration **\$10.** - now through **June 19**  
Includes: Team FPC T-Shirt & personal training log

**Registration Forms available in church office and on the  
church web site (under Church Forms tab)**

*If you have any preexisting physical conditions, please ask your doctor before starting any new exercise program.*