

## Battered Women's Support Services

# A Woman's Guide to Running (OR WALKING) A HALF MARATHON OR 5K

To build our run and walk community, to support our fitness goals and our commitment of ending violence Battered Women's Support Services will participate in the Scotiabank Half Marathon & 5K.

We are hosting a **"how to train"** in service with **Tanya Jones** from **Bee3Fitness** to assist TEAM BWSS and our supporters. The in service would cover training basics for a half marathon and for 5K for an hour and a half with a 20 minute run/walk after.

Tanya Jones, Bee3 Fitness is a fitness professional who loves to help people achieve their goals.

Her workshop will cover training and nutrition basics in preparation to your participation in the Scotiabank Half Marathon & 5K.

**TUE MAY 6, 2014 • 6-8 pm**  
**Commercial Drive area**  
(address provided with RSVP)

### RSVP

[endingviolence@bwss.org](mailto:endingviolence@bwss.org)

### Contact:

**Angela Marie MacDougall**  
at **604-808-0507**

All fitness levels are welcome from couch to 5K to seasoned marathon veterans.  
It is our intention to continue running once a week together thereafter.



[www.bwss.org](http://www.bwss.org) • [www.theviolencestopshere.ca](http://www.theviolencestopshere.ca)

