

DON'T THINK YOU CAN RUN THE BLES 5K? WELL, THINK AGAIN!!!

This year, a training regimen will be offered to get ready for the BLES 5K Run. Dawn Gamache, a community trainer and former BLES Mom, will be hosting training sessions for the race. It starts with a 5 week walking group on Sundays at 4 pm at Thomasville Road Baptist Church from January 7- February 4th. This will allow everyone to safely build a strong aerobic base. Then, starting on February 11th - March 18, she will start a 5k training group where you train in intervals, which allows all levels to get a great workout whether you are beginner runner or not! Both groups are free and open to the community, and for more information you can contact Dawn at dawngamache@thomasvilleroad.org.

Dawn Gamache is the Health and Wellness Associate at Thomasville Road Baptist Church. She is passionate about Group Fitness and encouraging and helping others. Along with offering various training groups throughout the year, the Health and Wellness ministry also offers group exercise classes such as Spinning, Power Strength classes, Core and More Pilates, Boot Camp Classes and active senior classes. For more information visit www.redefinefitness.org.