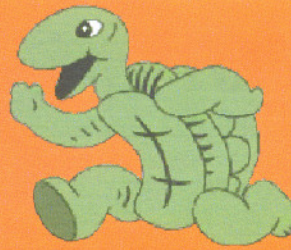


# Turtles Rock



Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

If you currently are running or walking please indicate your pace and your usual routine.

Distance & How often: \_\_\_\_\_ Pace per mile: \_\_\_\_\_

**Turtles Rock** is a non-competitive walk/jogging group, excellent for beginners and intermediate runners alike. All paces are welcome; the group's runners have an average pace of 8-12 minute miles and the walkers have an average of 13-15 minute miles. In addition to daily work-out schedule the group has monthly informational and motivational meetings.

## **Turtles Rock meets twice daily Monday through Friday.**

5:30am @ Hillcrest Elementary School-304 15<sup>th</sup> Avenue

6:00pm @ Mickelson Middle School-1801 12<sup>th</sup> Street South

**The group is training to complete the 2010 Brookings Marathon, as well as many other road races throughout the year...a few of them include the following.**

**Jack 15 Road Race** (09-26-09) Individual or Team

**Bob Bartling Hobo Day 5K** (10-24-09) Individual with group

**Turkey Day 5K** (11-26-09) Individual with group

**Brookings Marathon** (05-15-10) Individual with group

**Kelly Bakken**

605.688.5521 or 605.695.4244

[kelly.bakken@sdstate.edu](mailto:kelly.bakken@sdstate.edu)



*"The miracle isn't that I finished. The miracle is that I had the courage to start"*

*~John Bingham~*