

5k Fun Run

PACKING LIST *Combined Young Men activity · Harvest Hills*

Tue 6/2 <small>DATE</small>	7–8 PM <small>TIME</small>	3.1 mi <small>DISTANCE</small>	All YM <small>COMBINED</small>
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BRING WITH YOU

- Running shoes or athletic shoes
- Athletic shorts or pants
- T-shirt
- Water bottle

NOTES

GOOD TO KNOW
This is a normal youth night, 7–8 PM. Walk, jog, or run — whatever pace you can sustain. The point is aerobic conditioning for Kings Peak.