

Please join us for NMCA's
10th Annual Fun Run ~ Fun Walk

aka

The "Just-Get-Out-There-And-Do-Something-Fun Event"



NMCA "Funnners" about to hit the beach in Falmouth ~ 2016.

Meet in the Hotel Lobby: Tuesday at 6 AM

Group Photo and Departure Immediately Following
Choose your own pace and distance – this is for fun!

Yes, exercise can be a chore but... after 3 days of conference eating and festivities you will be glad you did! Take this opportunity to join fellow NMCA "funners" for a few laughs, great conversation, fresh air (we have fun regardless of the weather) and earn that 3rd trip to the banquet buffet with **dessert too!**

This year's Fun Run (2.5 to 3.5 miles – out and back – you choose distance!)

We'll start and finish at the Hotel 1620 Lobby and run down to the walkway along the beach, heading south past "The Rock" and then cut into the Town Brook Trail winding scenically along recently restored Town Brook past the Jenny Grist Mill. (no, they won't be open this early!) and to the parking area above. Mostly paved surface rolling terrain make this FunRun one of the groups "favorites". Pick your own distance and pace or limp along with the group!

NMCA's Fun Walk

Join the runners for the start at the Hotel 1620 Lobby. Go as far or short as you like.

~ **Don't forget to Bring Your Sneakers** ~

Questions?

Contact Emily: (978) 352-2800

