

Mach Tenn Running Club & The  
Manchester Rec Center Present

# FREE RUNNER SAFETY WORKSHOP



LEARN SAFETY TIPS FOR RUNNING FROM AN AVID RUNNER AND VETERAN OF THE U.S. MARINE CORPS AS WELL AS RETIRED WINSTON-SALEM, NORTH CAROLINA POLICE OFFICER, TOPICS INCLUDE: INFORMATION ON BEING VISIBLE, AWARENESS OF YOUR SURROUNDINGS, AND OPTIONS TO PROTECT YOURSELF IF ATTACKED.

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**Tuesday, March 6th, 6:00 PM**  
**Ada Wright Center**  
**328 North Woodland St.**  
**Manchester, TN**

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For more information visit [www.machtenn.org](http://www.machtenn.org)