

TRs Sacramento County Chargers

Walking Group/ 5k Training



Let's get moving and join our Walking Group! We are excited to kick off the New Year with a return to our walking group! We will be training to participate in the Polar Plunge 5k as well as maybe some other 5k's we may find.

(This part is optional and more info below)

Location: Mission North Park
3344 Mission Ave, Carmichael, CA 95608

Notes and What to expect:

- All speeds are welcome, feel free to go at your own pace.
- This will be taking place on a paved walking path.
- Proper walking or running shoes are required, NO sandals or flip-flops!
- Please dress in athletic clothing; no jeans!
- During the first meeting, we will discuss walking/running goals and what the season could look like (increase activity, increase pace/walking time, etc.)
- Remember your water bottles!

Board of Supervisors

Phil Serna, District 1
Patrick Kennedy, District 2
Rich Desmond, District 3
Sue Frost, District 4
Pat Hume, District 5
Ann Edwards, County Executive

Walking Days

9:00am- 10:00am

Sat. Jan 20	Feb 10 (Polar Plunge)
Sat. Jan 27	Sat. Feb 17
Sat. Feb 3	Sat. Feb 24

Polar Plunge 5k: Saturday, February 10, 2024

<https://p2p.onecause.com/sacplungerun/team/sac-county-chargers>

This opportunity is available to all Chargers athletes and TRS participants.

(Each participant is required to have a TRS Enrollment Form and Code of Conduct on file before joining.)

To sign up, please fill out the attached form and send it to the address below:

TRS, 5325 Engle Rd. #810, Carmichael, CA 95608

OR email us at TRS@SacCounty.gov to let us know you are coming! If you have any questions email or call 916/484-2044.



Walking Group/5k Training — Starting Sunday, January 20

Name _____ Age _____
 Address _____ City _____ ZIP _____ Email _____
 Phone # _____ Secondary Contact # _____



County of Sacramento, Dept of Reg. Parks
Therapeutic Recreation Services
 5325 Engle Rd. #810, Carmichael, CA 95608
TRS@saccounty.gov
www.SacCountyChargers.com

