

## Cooper River Bridge Run/Walk 2010

[www.bridgerun.com](http://www.bridgerun.com) (links you to site for registration and more information)

Tis the season to jumpstart a sluggish workout or get started on a whole new workout. Join us on March 27, 2010 for a trip to Charleston to participate in the Bridge run/walk. This event draws thousands of participants eager to make a personal history and victory in this annual bridge event.

The MWR 'Fitness Meets Nature' Club will be there! We will depart from the Solomon Center on the early morning of March 27<sup>th</sup> (Saturday) and head to Charleston for the race. Once the race is over, we will head over to a local seafood restaurant for our victory meal before heading back to Columbia, SC. This is a great opportunity to get your physical workout, this is also a great finisher for participants of the FMWR 2010 Fitness Challenge; in short, this is a great opportunity for all of us to mingle with fellow exercisers and then enjoy a great Charleston meal!

The MWR 'Fitness Meets Nature' Club is free to become a member. During this event, we are also offering free transportation from the Solomon center to Charleston to the first 50 people that sign up. Contact Pam Greene, Fitness Programmer for MWR to reserve your seat at: [pamela.greene1@us.army.mil](mailto:pamela.greene1@us.army.mil) . You can also visit our webpage at [www.fortjacksonmwr.com](http://www.fortjacksonmwr.com) click on fitness then click on fitness again to gain access to the fitness page.