



Humboldt Trails Council
1385 8th St.
Arcata, CA 95521
www.humtrails.org | info@humtrails.org

Date: Sunday, April 26, 2015 at 9:00a.m.
Where: Los Bagels in Arcata
What: 5K and 1 mile walk/run
Who: Benefits the Humboldt Trails Council
And the Volunteer Trail Stewards program
Cost: \$20 adults and \$5 children under 12

Join the Humboldt Trails Council for Jammie Jog II as we celebrate trails, fitness and fun. This quirky 5K walk/jog (or as we like to call it WALG) and 1 mile jog/walk will benefit the Humboldt Trails Council and the Volunteer Trail Stewards program.

Jammie Jog starts at 9:00 AM sharp in front of Los Bagels in Arcata so don't be late. Trainers from Fit Nor Cal will get you warmed up and ready to MOVE :-)

The Jammie Jog ends on I Street with the PJ Party sponsored by our friends at Los Bagels. You will enjoy fabulous food by many area businesses, live music by the Jim Lahman Band, games, awards, prizes and more.

Roll out of bed in your jammies and be creative with your runnin' apparel cuz there WILL be prizes! Wear your best onies and/or bunny slippers... but remember you gotta be in jammies because this is a FAMILY friendly event!!!

The Jammie Jog's purpose is to create awareness and raise funds for the Volunteer Trail Stewards program. We look forward to seeing you there!

Registration is easy, JUST CLICK THE LINK BELOW

<http://www.active.com/arcata-ca/running/distance-running-races/jammie-jog-2015>

\$20 for adults

\$5 for children 12 and under

Have questions or need more info? Humtrails.org or Debi Farber Bush at 707-845-3873
farberbush@greenwaypartners.net

Happy Trails,

Debi Farber Bush
Greenway Partners