



GO!
ST. LOUIS

MATURE MILE

Inspiring Fitness One Step at a Time

2017 Mature Mile

Date: Saturday, April 8, 2017
Time: 11:30 am- 2:00 pm
Location: Forest Park
Entry Fee: \$12 before February 28, 2017
\$15 thereafter

- Join other 60+ seniors as they walk a scenic one-mile course in Forest Park.
 - A regular exercise routine can help invigorate the body and keep the heart, muscles, joints and even the brain going strong.
 - Connect with hundreds of active adults for a fun-filled day!
- In 2016, there were five (5) participants who were 95 and older!!**

EVERY PARTICIPANT RECEIVES:

- ★ GO! St. Louis Mature Mile T-Shirt
- ★ Race Bib
- ★ Beautiful Finisher Medal
- ★ Refreshments
- ★ Attendance Prizes

For more information please contact:

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