



FLY BRAVE AUTISM RUN CLUB

LED BY OMER RANGEL
SPONSORED BY FLEET FEET

FREE 6-week program

Interested in running? Run with John, pro runner w/ non-verbal autism who just ran the Boston Marathon!

Run Club is led by Special Education teacher and Personal Trainer, Omero Rangel, for families with autism and other developmental disabilities. We meet at **McKinley Park, on the Alhambra side, in front of the pond and to the right of the McKinley Library**. We start with a light warm up and then run or walk around the park for 30 minutes and finish with stretching and high 5s. This is a great way to get our community moving together. We hope to see you there.

- Do you want to volunteer? Email us! We need you!

DATES:
TUESDAY EVENINGS
SEPTEMBER:

10TH, 17TH, 24TH

OCTOBER:

1ST, 8TH, 15TH

TIME:

5:30-6:30 PM

LOCATION:

MCKINLEY PARK
601 ALHAMBRA BLVD
SAC, CA 95816
(IN FRONT OF THE POND
AND PLAYGROUND
ENTRANCE)

**BRING A WATER
BOTTLE!**

TO REGISTER,
[CLICK HERE](#)

**FLY BRAVE
FOUNDATION**

flybravefoundation@gmail.com

www.flybrave.org