



Stroller Warriors® is a FREE running club for military spouses and their family members! Our team includes females and males, beginners and marathoners, with or without strollers. Stroller Warriors is much more than a running club...

- ❖ Build new friendships for you and your children
- ❖ Work together as a team to meet goals
- ❖ Compete in road races
- ❖ Raise money for charitable causes
- ❖ Volunteer for community outreach projects
- ❖ Network and share resources
- ❖ Participate in fun social outings, play groups, and more!

We meet at 9:30am on Fridays at MacDill and South Tampa trails and playgrounds.

New to running?! We offer opportunities for a 5K beginner program! Request to join our group on Facebook and we hope to see you on the trail soon!

Join us: [www.facebook.com/groups/SWMacdill](http://www.facebook.com/groups/SWMacdill)

E: [strollerwarriorsmacdill@gmail.com](mailto:strollerwarriorsmacdill@gmail.com)

FB: [www.facebook.com/StrollerWarriors](http://www.facebook.com/StrollerWarriors)

W: [www.strollerwarriors.com](http://www.strollerwarriors.com)

