

## TEAM DECATUR

### WEEKLY WALKING AND RUNNING GROUPS

Day/Time	Location	Group Type	Group Leader(s)
<b>MONDAYS</b>			
6:30 PM	Decatur Rec Center	Beginning & Experienced Walkers	Fleet Feet staff
6:30 PM	Decatur Rec Center	Beginning & Slower Runners	Phidippides staff
<b>TUESDAYS</b>			
8:00 AM - 10:00 AM	Decatur Rec Center	Indoor Walkers	Stridewalkers
6:30 PM	Big Peach Running Company	Runners & Walkers	Big Peach staff
7:00 PM	One Step At A Time	Women - Moderate Pace Run	Sherina Clough
<b>WEDNESDAYS</b>			
8:00 AM - 8:45 AM	Decatur Rec Center	Runners & Walkers	Bobbie Elzey
6:15 PM	Phidippides - Sandy Springs	Runners & Walkers	Phidippides staff
6:30 PM	Fleet Feet Decatur	Walk & Run Training Session	Fleet Feet staff
7:00 PM	One Step At A Time	Faster Pace Runners	Corny De las Salas
<b>THURSDAYS</b>			
8:00 AM - 10:00 AM	Decatur Rec Center	Indoor Walkers	Stridewalkers
6:30 PM	Big Peach Running Company	Runners & Walkers	Big Peach staff
6:30 PM	Decatur Rec Center	Walkers	Kick in the Fit staff
6:30 PM	Phidippides - Ansley Mall	Runners & Walkers	Phidippides staff
<b>FRIDAY</b>			
8:00 AM	Decatur Rec Center	Beginning & Experienced Walkers	Active Living Board members
<b>SATURDAY</b>			
9:00 AM	Big Peach Running Company	Runners & Walkers	Big Peach staff
9:00 AM	Fleet Feet Decatur	Runners & Walkers	Fleet Feet staff
9:00 AM	One Step At A Time	Runners & Walkers	One Step staff

**Decatur Recreation Center, 231 Sycamore St., 404-377-0494**

**Big Peach Running Company, 114 E. Trinity Place, 404-377-7370**

**Fleet Feet Decatur, 431 W Ponce de Leon Avenue, 404-371-0208**

**One Step At A Time, 650 East Lake Drive, 404-377-1030**

**Phidippides-Ansley Mall, 1544 Piedmont Road, 404-875-4268**

**Phidippides-Sandy Springs, 220 Sandy Springs Circle, 404-255-6149**