

# Walk it, Run it, Sprint it, Dance it – Let's Do It!

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[fwa.org/spotlight/walk-it-run-it-sprint-it-dance-it-lets-do-it/](https://fwa.org/spotlight/walk-it-run-it-sprint-it-dance-it-lets-do-it/)

Still thinking about that New Year's resolution to exercise more? Join me and register for the 2019 'Shape Women's Half-Marathon'.

Organized by New York Road Runners on April 14th, the Membership Committee is very proud to gather for the first time a dedicated FWA team to participate in this half marathon in Central Park that will be filled with fun, fitness and camaraderie!

We are looking for runners (walkers are also welcome!) to join the team and proudly wear FWA t-shirts throughout the event.

Email me if you wish to participate and I will reach out to you with further details on our exercise schedule, registration and overall flow of the day.

#WomenRunTheWorld#

**Marie-Helene Kennedy-Payen**

*Membership Committee Chair*



Marie-Helene Kennedy-Payen