



RECOVERY
RUN

RECOVERY AT YOUR OWN PACE

Date: Saturday, May 24, 2025

Time: 11:00 AM

Meet-Up: Marine Stadium Parking Lot

Location: 3501 Rickenbacker Cswy, Miami, FL 33149

Led by: Monica G.

Trail: 1.5 miles each way — head back anytime, no pressure.

Level: Easy — flat, scenic, and supportive.

Water station halfway.

Bring a friend, water bottle, or just yourself. Move how you feel. This is about connection, not competition. Let's keep building recovery strength—one step at a time.

