

# TRS Sacramento County Chargers

## Walking Group/ 5k Training



Let's get moving and join our Walking Group! We are excited to kick off the New Year with a return to our walking group! We will be training to participate in the Polar Plunge 5k as well as maybe some other 5k's we may find.

(This part is optional and more info below)

**Location:** Mission North Park  
3344 Mission Ave, Carmichael, CA 95608

### Notes and What to expect:

- All speeds are welcome, feel free to go at your own pace.
- This will be taking place on a paved walking path.
- Proper walking or running shoes are required, NO sandals or flip-flops!
- Please dress in athletic clothing; no jeans!
- During the first meeting, we will discuss walking/running goals and what the season could look like (increase activity, increase pace/walking time, etc.)
- Remember your water bottles!

### Board of Supervisors

Phil Serna, District 1  
Patrick Kennedy, District 2  
Rich Desmond, District 3  
Sue Frost, District 4  
Pat Hume, District 5  
David Villanueva, County Executive

### Walking Days

9:00am- 10:00am

Sat. Jan 18

Sat. Feb 8

Sat. Jan 25

Sat. Feb 15

Sat. Feb 1

Sat. Feb 22

### Polar Plunge 5k: Saturday, March 1, 2025

<https://p2p.onecause.com/sacplungerun/team/sac-county-chargers>

This opportunity is available to all Chargers athletes and TRS participants.

(Each participant is required to have a TRS Enrollment Form and Code of Conduct on file before joining.)

To sign up, please fill out the attached form and send it to the address below:

**TRS, 5325 Engle Rd. #810, Carmichael, CA 95608**

OR email us at [TRS@SacCounty.gov](mailto:TRS@SacCounty.gov) to let us know you are coming! If you have any questions email or call 916/484-2044.



### Walking Group/5k Training — Starting Sunday, January 18

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_ Email \_\_\_\_\_  
Phone # \_\_\_\_\_ Secondary Contact # \_\_\_\_\_



County of Sacramento, Dept of Reg. Parks  
**Therapeutic Recreation Services**  
5325 Engle Rd. #810, Carmichael, CA 95608  
[TRS@saccounty.gov](mailto:TRS@saccounty.gov)  
[www.SacCountyChargers.com](http://www.SacCountyChargers.com)

