



# SAN MATEO POLICE ACTIVITIES LEAGUE WINTER 2017

San Mateo PAL  
200 Franklin Parkway  
San Mateo, CA  
94403

Phone- 650-522-7725  
Fax- 650-522-7551

[www.sanmateopal.org](http://www.sanmateopal.org)

PAL offers FREE  
memberships to kids,  
ages 5-18 years old!

Building the Bond Between Cops & Kids

## Non-Runners Run Club!

Come join a friendly group of girls on a healthy adventure to discover the "fun" of learning to run! Our **beginner** group will meet weekly to walk and jog together as we learn fun nutrition tips, all while preparing to run/walk a **5k Fun Run**



**Wear running shoes  
and athletic gear for  
practices**



@sanmateoPAL

**Date:** January: Tuesdays 10-31

February: Thursdays 2-23

March: Tuesdays 14-18

**Time:** 4:00-5:15pm

**Age:** 11-14 years

**Meeting Location:**

San Mateo Police Department

200 Franklin Parkway

**Cost:** for PAL Members

**Course #:** 132111-A

Questions? Email:

[smpal@cityofsanmateo.org](mailto:smpal@cityofsanmateo.org)

To register, go to:

[sanmateorec.org](http://sanmateorec.org)

**\*\* PAL MEMBERSHIPS ARE FREE / SCHOLARSHIPS AVAILABLE \*\***