



RUNNING CLUB



Want more information?

- Designed to help you meet other runners and find people with your pace you can run with
- Working as a team to train for local races
- Running as a group*
 - Monday 6pm-Easy Run 3-5 miles
 - Wednesday 6pm-Tempo or Speed work 3-7 miles
 - Saturday 7am-Endurance work 6-15 miles
- Communicating via emails on nutrition, local races, information regarding running and other related sports
- Individualized running programs, based on YOUR needs!
- You do not have to run with us to be part of the 'group', share your email and communicate with other runners
- Maintain a Runner's daily log, keep up with your weekly mileage
- Great way to build team spirit as well as keeping you accountable to your 'running' workouts

*Times/days can change depending on what the group decides to do; we can add/change based on the needs of the runners.