

JUNIOR RUNNING CLUB

FALL II



- October 25th - December 1st
- Tuesdays & Thursdays
 - 4:30pm-5:30pm
 - Boys & Girls
 - 4th - 8th Grade
- \$10/Members & \$25/Non-members
- Race: Saturday, December 2nd



Looking to run your first 5K or train for your next one?
If so, this club is for you! 5K Training is a fun way to start running, stay in shape, feel great, and improve your overall health! These bi-weekly sessions include group runs and training tips from experienced runners.
This 6 week program will prepare you for the Jingle Bell Run.

For more Information:
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