



735 Longmeadow Street
Longmeadow, MA 01106
Phone 413.565.4160 ~ Fax 413.565.4165

LONGMEADOW RUNNING CLUB

Activity: 1508.406

Dates: Monday-Thursday, June 30 - July 30

Time: 5pm-6:30pm

Fee: \$30 per person



Longmeadow's summer running program for middle-school aged kids!

Whether you're already running 5K's or are just a Beginner, you'll get the coaching and support you need to help you reach your goals. Workouts will be Monday thru Thursday, from 5pm to 6:30pm and will meet in front of the Storrs Library.

In addition to a fun workout and great camaraderie, you'll learn a great deal about sports nutrition, hydration and injury prevention. Workouts begin Monday, July 1st and will continue until August 1st.

You'll get the coaching and support you'll need from experienced area runners

All participants receive a Coolmax tee!

Register by visiting www.lprd.net
or stop by the Community House.