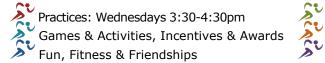


RUNNING CLUB March 6 - May 8, 2024

Club will not meet during Spring Break





Running is much more than just a repeated movement; its ability to not only challenge you physically but your mind and who you are is what makes it so special. You're either smiling or you're doing it wrong. Party On!

Running practices will consist of the following:

- Dynamic warmup
- Running drills
- Laps
- Running specific exercises
- Stretching
- Mileage tracking

We will hold discussions on the following topics:

- Injury Prevention
- Shoes
- Cross Training
- Progression
- Race Day
- Recovery & Rest

\$90 Running Club Registration

Space is limited to the first 25 registrants



fitwize4kids.com/ashburn/fitness/running-club

No running experience required

ASHBURN VILLAGE FIESTA 5K*

SATURDAY MAY 4. 8AM FINCASTLE FIELD

- Register by 4/1 to receive a discount.
- Online registration closes 5/2, or register onsite the day of the race (late fee).



https://potomac.enmotive.com/ events/view/2024-ashburnvillage-fiesta-5k-10k-fun-run

* Participants need to reaister separately for this event & ensure they have a buddy to run with prior to registering for the race.

RUNNING CLUB March 6 - May 8, 2024

Club will not meet during Spring Break

Practices: Wednesdays 3:30-4:30pm Games & Activities, Incentives & Awards Fun, Fitness & Friendships



Running is much more than just a repeated movement; its ability to not only challenge you physically but your mind and who you are is what makes it so special.

You're either smiling or you're doing it wrong. Party On!

Running practices will consist of the following:

- Dynamic warmup
- Running drills
- Laps
- Running specific exercises
- Stretching
- Mileage tracking

We will hold discussions on the following topics:

- Injury Prevention
- Shoes
- Cross Training
- Progression
- Race Day
- Recovery & Rest

\$90 Running Club Registration

Space is limited to the



first 25 registrants

fitwize4kids.com/ashburn/fitness/running-club

No running experience required

ASHBURN VILLAGE FIESTA 5K*

SATURDAY MAY 4.8AM FINCASTLE FIELD

- Register by 4/1 to receive a discount.
- Online registration closes 5/2, or register onsite the day of the race (late fee).



https://potomac.enmotive.com/ events/view/2024-ashburnvillage-fiesta-5k-10k-fun-run

* Participants need to register separately for this event & ensure they have a buddy to run with prior to registering for the race.



