



# 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



T-shirt  
Ashburn Village Fiesta 5K\*  
End of Season Party

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](https://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-ashburn-village-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.*



# 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



T-shirt  
Ashburn Village Fiesta 5K\*  
End of Season Party

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](https://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-ashburn-village-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.*

