



**Great News!** Back by popular demand, the Colonial Road Runners Beginners Running Program will begin the Spring 2024 session on Saturday, March 2<sup>nd</sup>. Mark your calendar and get ready to begin your running journey. Maybe you will join us as a brand-new runner or you may have been a runner in the past and want to get back into it. Whatever your reason for starting to run come check out our free **Beginners Running Program** and you will be ready to run a 5k in 9 short weeks!

**Ages:** Adults (Children are welcome with parent/guardian participation)

**When:** Saturday's from 8:00 a.m. to 8:45 a.m. beginning **March 2, 2024** and will run for 9 weeks. Final run will be a timed 5k event - on **Saturday, April 27, 2024.**

**Where:** Woodsdale Elementary School – 120 Chestnut St, Abington, MA 02351

**Contact:** [Beginners@colonialrunners.org](mailto:Beginners@colonialrunners.org) if you have questions.

**Additional Information:**

This is a fun; supportive and non-competitive group and each week you will build upon the last so it's a gradual progression.

Dress for the weather, layers in cool weather and sunscreen, hat and sunglasses help in heat/sun. Also, wear comfortable running shoes and bring your own water bottle/Gatorade to keep hydrated during each session.

Colonial Road Runners also offer a Summer FUN RUN Series (3 locations, Raynham (Monday), Abington (Tuesday) and Brockton (Wednesday) beginning in May until the end of August and a Winter FUN RUN Series in 2 locations (Raynham and Abington) beginning the 1<sup>st</sup> Sunday after Thanksgiving until the end of January. For a \$2.00 donation you can run a timed race to stay active throughout the year. All FUN RUN details will be posted on our website at [www.colonialrunners.org](http://www.colonialrunners.org).

**Note:** You do not need to be a member of Colonial Road Runners to participate in the Beginners Running Program or the FUN RUN's.