



Great News! Back by popular demand, the Colonial Road Runners Beginners Running Program will begin the Spring 2025 session on Saturday, March 1st. 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 1, 2025** and will run for 9 weeks. Final run will be a timed 5k event - on **Saturday, April 26, 2025.**

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

Contact: 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 1st 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.

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.