

**2019**  
**HAPPY**  
**NEW YEAR**

# January

## Road Runners



**“New Year’s resolution? You CAN do it!”**



*Running/Walking Club*

**Monday/Wednesday/Friday 2:40-3:40**



- ♦ Join friends and have fun in this walking and running club after school. We will work together to meet our fitness goals and have fun reaching them!
- ♦ All ability levels welcome/No tryouts or cuts.
- ♦ Track your miles and set a goal to complete a marathon distance (26.2 miles) in a month to join our Marathon-a-Month group. Log your miles, achieve your goal, and earn medals.
- ♦ Wear athletic clothes and shoes that are weather appropriate (practice will be outside, weather permitting). Bring a water bottle.
- ♦ Meet at LMS (room 103). Mrs. Briggs will plan, participate, and supervise each session. *Contact Information: 810-591-0753, hbriggs@lindenschools.org*
- ♦ **Cost: \$15.00/month if at least 20 people register, \$25.00/month if at least 10 people register. So, encourage friends to join too! More friends=More fun.**
- ♦ **Register early to hold your spot. Payment is due the second week of each month. (Cash, Check, or Credit Card-See Registration Form on back)**
- ♦ **January Dates: 2, 4, 7, 9, 11, 14, 16, 18, 21, 23, 25, 28, 30** (You do not have to attend every session to participate, but it is encouraged!)
- ♦ This group will run outside if weather permits, but move indoors for ice and snow.
- ♦ Let’s achieve our New Year’s Resolutions and get ready for Spring Sports!



