



Pioneer Valley Women's Running Club 5K Walk Run Training Clinic

The PVWRC invites women of all ages and fitness abilities to participate in a 10-week program to stay healthy, have fun, and be ready to participate in a 5K!

Free Information Session

March 23rd, 5:30pm

at Longmeadow High School, 95 Grassy Gutter Rd., Longmeadow

Learn about the Clinic, which will offer three levels of participation: walk, walk-to-run, and run. Women of all fitness levels will find a group of like-minded people who will support each other. You'll learn more about the program, meet the trainer and clinic mentors, and have a chance to register.



Come Meet the Clinic Trainer and Alumni Mentors

Physical Therapist Kristen Fiola, DPT will lead participants in three customized training programs to improve your walking/running speed and stamina. Kristen has been a practicing physical therapist since 2008 and is with ProEx Physical Therapy. She will be assisted by Clinic Alumni Mentors who got their start at a previous Clinic.

Walk to Run Clinic, \$75 per person

March 30th-June 1, 5:30-6:30pm, Mondays for 10 weeks

at Forest Park, Springfield, Trafton Road entrance. Participants will also receive a free one-year membership in the Pioneer Valley Women's Running Club.

The PVWRC is a non-profit (c)(3) organization, and is affiliated with the Road Runners Club of America. Learn more at www.pvwrc.org or to RSVP for the Info Session, please contact one of the following members:

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