



Pioneer Valley Women's Running Club 5K Walk to 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 run a 5K! Come and find a group of like-minded women who support each other.

**\$75 per person - Mondays for 10 weeks - March 20-May 22
from 5:30-6:30 pm**

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

Free Information Session

Learn more about the program, meet clinic mentors & register for the clinic

Wednesday, March 8 at 5:30 pm
@ Longmeadow High School, 95 Grassy Gutter Rd., Longmeadow

To RSVP or ask questions contact: pvwrc1@gmail.com
Online registration for the clinic: www.pvwrc.org