



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.

PVWRC's clinic is designed to provide you with a supportive environment to work toward your walking or running goals. Our mentors will help you set goals and will keep you motivated to work toward achieving them. Our program will focus on meeting these goals safely and injury free.

For questions contact: pvwrc1@gmail.com
Online registration for the clinic: www.pvwrc.org