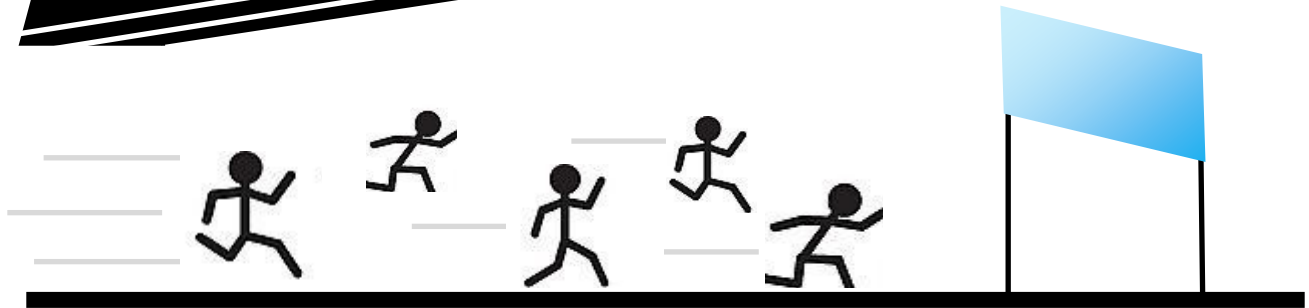


# REC'N RACES RUNNING RACES



JL Sorenson proudly presents our first recreation running group! Always wanted to run races, but just never stuck with it long enough to create a new habit? Well here is your chance. Tracy is a seasoned runner who will literally take you step by step through the process to become a seasoned runner. She will incorporate strength training, interval training, and adding mileage to your workout through out the program and will prepare you for whatever race distance you would want to achieve.

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When: Mondays and Wednesdays 5:30 A.M.

Where: We will be outdoors and indoor, so we will meet in the lobby at JL Sorenson

Who: Anyone who desires to learn the basics of running a race or anyone who wants to improve their running technique.

Cost: \$100.00 for 15 sessions

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Tracy is an accomplished runner. From 5k to Marathon she knows how to start from walking to beating your last personal record. Let her coach, inspire, and run along side you as you start your journey to fall in love with running.

Sign-up at J.L. Sorenson Rec or Online at [www.activityreg.com](http://www.activityreg.com)

Contact ShaNae for more info. [SWhite@slco.org](mailto:SWhite@slco.org)



For inclusion opportunities for people with disabilities, contact Ashley at 385-468-1520 or [abowen@slco.org](mailto:abowen@slco.org).