

FALL 2021 SEASON



RUNNINGMEDICINE



August 28th - November 4th

RUNNING MEDICINE EMPOWERS
FAMILIES AND COMMUNITIES TO
GREATER MIND, BODY, AND SPIRIT
WELLNESS THROUGH MOVEMENT.

**10 WEEKS
OF FUN
AND
FITNESS!**

WHEN/WHERE:

Mon. at 5:45pm at N. Domingo Baca Park
Tues. & Thurs. at 5:45pm at various locations
Sat. at 8am at various locations

WHO:

Walkers and runners of all ages, speeds, and fitness levels.

COST:

\$15/person for the season - includes an RM shirt and other amazing incentives!

YOUTH CROSS COUNTRY:

We will compete as a USATF club this fall and expect to compete in races!

REGISTER:

Visit www.runningmedicine.org



Native Health Initiative
www.loving-service.us

FOR MORE INFO:

VISIT www.runningmedicine.org or
EMAIL runningmedicineabq@gmail.com