



The HEALTH FOUNDATION
OF EAST CENTRAL SASKATCHEWAN, INC.

Charity Road Race & Community Walk

Learn to Run

This year we are offering **2** types of clinics



5K (for NEW or BEGINNER runner)

10K (should already be able to run 5K)



NUTRITION • STRETCHING • PACING YOURSELF

WHEN:

Clinic Sessions are weekly: **Tuesday & Thursday** beginning Tuesday, May 9th @ 5:45 p.m.

Note: you are invited to become involved even after the first session has begun.

WHERE:

Yorkton Regional High School PARKING LOT

COST:

There is no cost, but participants pay registration for the Charity Road Race at the clinic.

Charity Road Race is Sunday, August 20, 2023

Start running with other beginner runners.
Learn to run at your own pace.

For information call 306.786.0506

YOU CAN ALSO REGISTER ONLINE
www.events.runningroom.com

