

Trail Running Group

Greenfield Parks and Recreation

NEW!

WHO: Families-Couples-Individuals

WHAT: Trail Running Group-group up w/ same-similar similar fitness level on same-similar days/times >we help you coordinate!

*Fewer Injuries

*Improved Technique

*Mental Break

*Breathe Easier

*Get Faster

(*above according to Jacquie Cattanach-Active.com)

WHEN: >Meet based upon expressed interest days/times

WHERE: Meet at Beckenholdt Park, Pennsy Trail, Riley Park, or Thornwood Preserve (*Point person decides and communicates*)

REGISTRATION: *Contact us with you interest & we notify the group point*

COST BENEFIT: FREE!



Greenfield Parks and Recreation Department

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www.greenfieldin.org (select Parks and Recreation Banner)

The Benefits are Endless!

