



## Run & Walk Club

Lancaster Parks and Recreation 2020 Run & Walk Club sign-ups are going on NOW

**SPRING SESSION:** Register by March 27th. The session will run from April 6th – May 20th. Mondays and Wednesdays 6:15 p.m.

**FALL SESSION:** Register by Sept 4<sup>th</sup>. The session will run from September 14<sup>th</sup> through October 21) Mondays and Wednesdays 6:15p.m.

- Registration form is required. *Make all checks payable to: Lancaster Parks and Recreation.* These items must be turned into the Park Office, 1507 E. Main St. Lancaster, Ohio 43130 Registration forms are available at [www.lancasterparks.com](http://www.lancasterparks.com).
- Cost is \$35.00 per person \*If you sign up for Spring & Fall Session at same time, you only pay \$50 for BOTH sessions. SAVINGS \$20.00
- Lancaster Parks & Recreation Health & Fitness Center Members use their class card \*Must be presented at time of session.
- Ages 13 and up. \*It is required that a paid parent/guardian or adult participant attend the run/walk club with children 13-17 years old. \*Cost is \$20 per participant \*If you sign up for Spring & Fall Session, you only pay \$30 for BOTH Sessions. SAVINGS \$10
- Workouts will be held on the bike path Mondays and Wednesdays starting at 6:15 p.m. Each workout will last UP TO 60 mins which will include a warm-up and cooldown. Run/walks will start at various City Parks along the City Bike Path.
- Children in strollers are welcome \*(ages 12 and under are free)
- Pets on leashes are welcome
- This group is a park activity. We will utilize our city bike path for walks and runs for a time limit each workout (up to 60 minutes). Beginners and runners of all abilities are encouraged to join this group for fun, motivation and encouragement. At least one coach will be present at each workout.