

Newington Parks and Recreation

Building a Strong Community



FREE Summer Fun Run Series

**Wednesdays, July 10, 17, 24, 31 and August 7, and 14th
2019 @ 6:30 PM**

Cross Country Trails behind John Wallace Middle School

Lace up your running shoes and join us on a fitness adventure through the NHS Cross Country trails! These runs are a great way for the whole family to keep in shape this summer. There is no cost to participate. All abilities and ages welcome!

These races are in honor of Mr. Frank O'Rourke, longtime NHS Cross Country Coach. Participants under 18 must be accompanied by a parent or guardian to sign the program waiver. Ribbons are awarded to everyone after each race with trophies to series winners.

**We offer two course lengths: a traditional 5k (3.1 miles)
and a shorter 3k (about 2 miles) for younger kids and beginners.**



For More Information:

Please email Race Coordinator Jay Krusell at
jaykrusell@yahoo.com