



***London Pacers Running Club
presents:***

Seniors' Running Clinic

Whether you are a beginning or an experienced runner looking for improvement there is a place for you.

Clinic includes:

- Coaches who are experienced with Learn to Run and World Masters level running.
- Geared to the challenges of the senior athlete
- Mentors from the Pacers
- Guest speakers
- Video running form analysis (a \$25 value)
- 4-month club membership

Mondays at 9 AM and Thursdays at 10 AM

8 weeks

Beginning Thursday Sept 10

Contact londonpacers@yahoo.com

Funded by

