



MPOWER YOUTH RUNNING

ON YOUR MARK, GET SET...GO!!!!

This empowering, non-competitive program is designed for all levels of runners: from very beginners to experienced racers.

You'll learn about proper form and pacing while we build endurance over the weeks through a combination of running drills, games, and core strength exercises.

At MPower we run for the love of running and celebrate all personal bests, no matter how fast or slow.

GOAL RACE

Celebrate! West Hartford 5K
June 9, 2024

GIRLS &
BOYS

GRADES
1-8

TRAIN
FOR A
5K!

WEDNESDAYS | 5-6PM

APRIL 17 - MAY 29, 2024

LP WILSON COMMUNITY CENTER

Price: \$65



BE WELL
WINDSOR
Health & Wellness Initiative

INFORMATION & REGISTRATION

townofwindsorct.com/recreation

www.MpowerYouthSports.com