



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 (OPTIONAL)

MPower Youth Running Festival in Farmington
November 12, 2023!

GIRLS &
BOYS

GRADES
1-8

TRAIN
FOR A
5K!

THURSDAYS | 5-6PM
SEPTEMBER 14 – OCTOBER 26, 2023
LP WILSON COMMUNITY CENTER
PRICE: \$89



INFORMATION & REGISTRATION
townofwindsor.com/recreation

www.MpowerYouthSports.com