



**TREMONT**

**RUN CLUB**

*APRIL 4TH - MAY 11TH*

**TUESDAYS & THURSDAYS, 5-6PM**

*LEARN FORM, SPEED DRILLS, PACING, TEAMWORK, MENTAL FOCUS,  
AND MOST IMPORTANTLY HAVE FUN!!*

**Registration is FULL!!**

FOR MORE INFORMATION EMAIL MARGARET MEYER OR JULIA WISEMAN  
[margaretmeyer07@gmail.com](mailto:margaretmeyer07@gmail.com)      [juliabwiseman@gmail.com](mailto:juliabwiseman@gmail.com)