

# Spring 2019 Season



## 12 weeks of fun and fitness! March 23<sup>rd</sup> - June 15<sup>th</sup>

*Running Medicine is based on the understanding that running and exercise are beautiful and potent medicines for mind, body, and spirit. Formed as a program of the Native Health Initiative (NHI), our vision is to create a culture of wellness through a supportive, loving community.*



**When/Where:** all weekdays 5:45-7pm; full schedule available on RM website

- **Track sessions:** Mondays at Albuquerque High
- **Downtown:** Tues/Thurs at UNM North Golf Course
- **Westside/Rio Rancho:** Tues at Alameda Open Space, Thurs at Mariposa Park
- **Saturdays, 8am** at various locations (Bosque, Foothills, etc.)

**Who:** Walkers and runners of all ages, speeds, and fitness levels!

**Youth track and field:** We have an option for youth to compete in USATF track and field meets this spring/summer.

**Cost:** \$15/person for the season, which includes an RM shirt and free races!

**For more info and to register:**  
<https://runningmedicine.org>