

Register at: [www.salisburyrowanrunners.org](http://www.salisburyrowanrunners.org)



# BEGINNERS

# RUNNING CLASS

*Spring  
2025*

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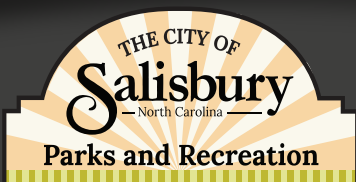
**When: Tuesdays, 6 pm starting March 11**

**Where: Salisbury Police Department**  
(130 E. Liberty St. Salisbury, NC 28144)

**Cost: \$65** (includes one-year membership in Salisbury Rowan Runners, dry-fit training shirt, & entry fee for one SRR 5K race.)

- Week 1 - Overview and Goals
- Week 2 - Running Shoes
- Week 3 - Stretching & Strengthening
- Week 4 - Running Form
- Week 5 - Injury Prevention
- Week 6 - Nutrition
- Week 7 - Safety
- Week 8 - Race Day and Beyond & Run 5k Course

[www.salisburyrowanrunners.org](http://www.salisburyrowanrunners.org) • [www.salisburync.gov/pkrec](http://www.salisburync.gov/pkrec) • [www.Ulearn2run.com](http://www.Ulearn2run.com) • [www.novanthealth.org](http://www.novanthealth.org)



[salisburync.gov/Play](http://salisburync.gov/Play)  
(704) 216-PLAY

