



# INTRO TO RUNNING SPRING 2021

**Get out and run with Coach Alli Regan!**

**FOR ADULTS!** This program is introductory to running with stretching techniques and group running. On Wednesdays from 7:00 pm to 8:00 pm. This program will be 4 sessions starting April 7<sup>th</sup>, 2021. Meets at Tryon Field. **LIMITED SPOTS.** Rutherford Residents only. \$50 per person.

Register at: <https://register.communitypass.net/reg/index.cfm>



**REGISTRATION  
STARTS  
MARCH 15TH**

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**4 SESSIONS**

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**FOR ADULTS!**

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**WEDNESDAYS  
7:00 PM-8:00 PM**

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**APRIL 7<sup>TH</sup>, 14<sup>TH</sup>,  
21<sup>ST</sup>, 28<sup>TH</sup>**

**RUTHERFORD RECREATION  
DEPARTMENT**

176 Park Ave  
Rutherford, NJ 07070  
201-460-3015

Email:

[recstaff@rutherfordboronj.com](mailto:recstaff@rutherfordboronj.com)