

## GENERAL INFORMATION ABOUT SATURDAY LONG RUNS

**Start Date and Times:** Saturday, December 9. Facility opens at 7:30 am, run departs at 8:00 am.

**Location:** Joint Ventures Physical therapy, 654 Beacon Street, Kenmore Square 3<sup>rd</sup> floor.

**Parking:** Several nearby lots. Kenmore lot \$12, Hotel Buckmeister \$11, additional lots near Fenway. Download City of Boston Parking App for free. Beacon Street has plenty of spaces. Street parking is free until Jan. 2

**T-Stop:** Kenmore stop a few yards from facility.

**Facility Layout:** Utilize third floor fitness room only for stretching & rolling.

**Locker rooms:** 2 small locker rooms with 16 lockers per. 1 men's, 1 woman's. If there are no available lockers, please leave bags on top of lockers.

**Towels:** Provided free for you.

**Showers:** 2 individual showers/bathrooms, with amenities. 1 on second floor 1 on third

**IMPORTANT:** Due to limited shower availability, please limit duration of shower. As runs increase in length, the availability should improve significantly. Ideally, bring keys, \$ in zip pocket, and bag your dry cloths.

**Who is in training group:** Mostly novice charity runners looking for supportive and friendly environment.

**Pace of runs:** 7-730 -13:30 mean probably around 10 min./mile.

**Stops:** Water and Gatorade usually every 2-3 miles, as runs increase, pretzels and Swedish fish will be added.

**Post run return to Joint Ventures:** Take elevator to 3<sup>rd</sup> floor. Roll, stretch, change, and head home.

**Weather Cancellation:** Heavy snow, ice and extreme cold would be criteria for cancellation. It will be posted Friday night or Saturday morning on [Furey262.com](http://Furey262.com)

*Can I try a run to see if group fits my needs? YES!*

*How do I join? Fill out physical readiness questionnaire and bring with you or email sent to me.*

**Training info:** Check on [Furey262.com](http://Furey262.com) or please email me anytime with questions or concerns [jfurey611@gmail.com](mailto:jfurey611@gmail.com)