

GENERAL INFORMATION ABOUT SATURDAY LONG RUNS

- Start Date and Times: Saturday, December 8th. Facility opens at 7:30 am, run departs at 8:00 am.
- Location: Joint Ventures Physical therapy, 654 Beacon Street, Kenmore Square 3rd floor.
- Parking & Transportation: 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 street parking. 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.
- Showers: 2 individual showers/bathrooms, with amenities. 1 on second floor 1 on third. Towels are provided free for you.

IMPORTANT: Due to limited shower availability, please limit duration of shower. As runs increase in length, the availability should improve significantly. Ideally, bring keys, money in a 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 with an average of about a 10 minute mile.

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

Done with your run? Each run ends where it started at Joint Ventures. Take elevator to 3rd floor. Roll, stretch, change, and head home.

Bad weather? Heavy snow, ice and extreme cold would be criteria for cancellation. It will be posted Friday night or Saturday morning on 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 me with a confirmation that you have filled it out.

More Training info: Check on Furey262.com or please email me anytime with questions or concerns jfurey611@gmail.com

