

GENERAL INFORMATION ABOUT SATURDAY LONG RUNS

Start Date and Times: Saturday, December 13. 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: Several nearby lots. Kenmore lot \$12, Hotel Buckmeister \$11, additional lots near Fenway.

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

Facility Layout: Utilize third floor fitness room only.

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.

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 -11+ 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 3rd 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

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 or please email me anytime with questions or concerns jfurey611@gmail.com