

Running Club 2015-16

Do you need something to stay active while you are attending school online?

Running club is a club for any person of any ability level. We will focus on encouraging one another to reach our individual goals. Each week we'll discuss tips and tricks to improve our running and encourage each other to keep moving toward our goals.

Did you know that doctors recommend running to help cope with mild to severe anxiety? Running can help keep you focused and give you a positive goal to work toward. Give it a try!

Whether your goal is to run one mile or twenty miles we will encourage you to push yourself and achieve the goal you set for yourself.

Outside Resource for students? OHVA Running Group Private Facebook Page

WHEN: We meet every Wednesday at 2:30pm.

WHERE: Running Club meetings happen in Mrs. Schenkenberger's CC room. Click [HERE](#)

Outside Resource Information: If you'd like to view the most recent magazine, click here: [Runner's World Magazine](#)

**We will update this schedule near the end of each month*

Date	Topic	Recording
Wednesday Oct. 28 2:30pm	Welcome! Goal Setting	
Wednesday Nov. 4 2:30pm	What not to wear... Or what TO wear	
Wednesday Nov. 11 2:30pm	How fast should I be running?	
Wednesday Nov. 18 2:30pm	Running in the Cold	
Wednesday Nov. 25 2:30pm		