

Spring 2019 Season



12 weeks of fun and fitness! March 23rd - June 15th

Running Medicine is based on the understanding that running and exercise are beautiful and potent medicines for mind, body, and spirit. Formed as a program of the Native Health Initiative (NHI), our vision is to create a culture of wellness through a supportive, loving community.



When/Where: all weekdays 5:45-7pm; full schedule available on RM website

- Track sessions: Mondays at Albuquerque High
- Downtown: Tues/Thurs at UNM North Golf Course
- Westside/Rio Rancho: Tues at Alameda Open Space, Thurs at Mariposa Park
- Saturdays, 8am at various locations (Bosque, Foothills, etc.)

Who: Walkers and runners of all ages, speeds, and fitness levels!

Youth track and field: We have an option for youth to compete in USATF track and field meets this spring/summer.

Cost: \$15/person for the season, which includes an RM shirt and free races!

For more info and to register:
<https://runningmedicine.org>