



**RUNNINGMEDICINE**

**Join us for our Summer 2018 Season  
8 weeks of fun and fitness!  
May 29<sup>th</sup> – July 21<sup>st</sup>**

**When/Where:** Weekdays at 6pm, Saturdays at 8am

Mon – Alameda Open Space (North ABQ)

Tues – Roosevelt Park (Downtown ABQ)

Wed – Mariposa Park (Taylor Ranch)

Thurs – Netherwood Park (UNM area)

Sat – Various Locations

**Who:** All ages and fitness levels welcome. We have walkers and runners of all ages and speeds!

**Highlights for this summer:** We will be hiking Pino and La Luz trails, taking part in Jim Thorpe Race and Pueblo Crossroads, and offering a 6-week Friday night race series (June 15<sup>th</sup> – July 27<sup>th</sup>).

**Cost:** FREE...we will fund this season through the loving RM community!

**For more info:** visit our Facebook page, call (505.340.5658) or email  
[runningmedicineabq@gmail.com](mailto:runningmedicineabq@gmail.com)

*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.*