



RUNNINGMEDICINE

Fall 2017 Season + Youth Cross Country
11 weeks of fun and fitness!
Aug 14th – October 28th

When/Where: Mondays at Echo Park & Thursdays at Pow-wow Grounds @ 6:30 pm, Saturdays at Kit Carson Park @ 9am

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

Youth Cross Country: We will be recruiting our Taos Community Youth to participate and compete as a USATF club this fall with RM Albuquerque.

Cost: Free for the season, \$15 for a sweet RM shirt!

For more info: Contact the Taos Pueblo Fitness Program @ 575.758.7824 x 123 or Macrina Lefthand @ 776.7977 or Paula Tsoodle @ 779.3653

Running Medicine is based on the understanding that running and exercise is a beautiful and potent medicine 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.