

WHAT NOW?

FIRST STRIDES® (12-week Beginner Walking & Running Workshop for Women):

Watch for information on the First Strides website www.firststrides.com regarding start-up times next Spring & Fall. Spring sessions usually start the week after Daylight Savings Time. Fall sessions start near the end of July or the 1st week in August.

Locations: Bethlehem (Sand Island) in spring; Allentown (Parkway) in fall; Hanover Township Community Center (Sp/fall), Bethlehem Township Community Center (sp/fall) and Stroudsburg (sp/fall). Check website for details: www.firststrides.com

MAKING STRIDES (Weekly pace workouts for walker & runners):

- **Tuesdays, 5:30-6:30 pm DST at the Little Lehigh Parkway in Allentown.**
 - Runs during Daylight Savings Time (plus a few weeks)
 - Separate groups for walkers, walk/runners and runners
 - No fee, no registration, just show up (membership to LVRR encouraged)
 - A great follow up for all First Strides graduates
- **2nd Gear** – similar program to Making Strides. This program is only for runners and it is held at Hanover Township Community Center, Sundays. A small fee is required.
 - Email: Joi Deibler at joisype@aol.com for details.

Fall Graduation race:

WOMEN'S 5K CLASSIC (3.1 mile run, walk and 5-Miler)

Saturday morning in mid October

- Little Lehigh Parkway in Allentown
- www.womens5kclassic.org

Spring Graduation race:

HANOVER TOWNSHIP 5K (3.1 mile run and walk)

- Saturday morning in the beginning of June
- Hanover Twp. Community Center
- www.hanovertwp-nc.org

LEHIGH VALLEY ROAD RUNNERS CLUB (LVRR):

- Chapter of Road Runners Club of America
- Produces many great races for children & adults
- Sends emails with club news & events
- \$20 annual dues for individuals; \$25 for family
- www.lvrr.org

YAHOO! GROUP – Sign up for event info and networking opportunities on our own site. Go to www.Yahoo.com ... click Groups ... type in firststrides (all 1-word, lower case) and register.

RACE SCHEDULE WEBSITE: www.lvrunning.com