

**SPONSORED BY HAMPTON
RECREATION COMMISSION**

**FREE
EVENT**



**GRADES
K-6**

RUNNING CLUB

A WEEKLY ONE MILE TRAINING RUN FOR CHILDREN WHERE THEY WILL KEEP A RUNNING JOURNAL, LEARN WARM UPS, COOL DOWN SKILLS, AND DO RUNNING GAMES.

PARENTS, PLEASE STAY THE FIRST FEW TIMES YOUR CHILD PARTICIPATES. CHILDREN MUST WEAR RUNNING CLOTHES: SHIRTS THAT COVER THEM APPROPRIATELY, SHORTS OR RUNNING TIGHTS, AND MANDATORY SNEAKERS. BRING A WATER BOTTLE.

HAMPTON RESIDENT MARLIES THOMEN WILL BE LEADING THIS CLUB. SHE IS A SCHOOL TEACHER WITH OVER 40 YEARS RUNNING EXPERIENCE.

SATURDAYS

APRIL 25TH- MAY 30TH 2026

8 AM-8:45 AM

**Check in & out at the Hampton
Town Hall Pavilion**

**To register email:
hamptonctrec@gmail.com**