

# Boys Running

2016 FALL: Sep14–Nov2 | at Pistol Creek

Imagine the sense of accomplishment and pride your son will feel when he crosses the finish line of the Freedom Run 5K in New Britain on Sunday, November 6th, 2016!  
MPower Boys Running will prepare him to do just that!

Modeled after popular Couch-to-5K plans, MPower's training program is designed for all levels of runners: from very beginners to experienced racers. We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games and core strength exercises. If your son loves to run, wants to build endurance for other sports, or just wants to try something new, join MPower Boys Running this Fall!

For boys ages 6–14  
(also check out our friends at [Girls in Stride](#) for girls running!)

REGISTER NOW at [Berlin Parks & Recreation](#)  
Activity 323001-A –or– search keyword: mpower

WEDNESDAYS 9/14–11/2, 5–6pm  
Click [HERE](#) for more information



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