



Stoughton Running Club

SUNDAYS
8am

Do you love to run, want to get in shape, or have always wanted to do a road race, or marathon? Join the Stoughton Running Club led by local triathlete and running enthusiast Christine Howe, the Stoughton Running Club is for all ages and abilities. The group will divide into beginner, intermediate and advanced running groups and traverse a variety of local, scenic routes. Christine will also design workouts to complete throughout the week to maintain running fitness and prevent injuries.

If interested, please contact Christine at ChristineHowe01@gmail.com