

JOM Running/Walking Club

04.16.2023

Overview

Proposing we start a running/walking club with tribal youth and parents/guardians to help promote physical health and wellness within families. First meeting is proposed to start on Sunday, April 16th (4/16/23).

Goals

1. Meet twice a month (or more depending on demand) for group runs/walks
2. Group training/participation in running events/races (example Tarzan Brown race)
3. Obtain funding for team shirts.
4. Obtain funding for race registration fees.
5. Obtain bus transportation to races (depending on group size).
6. Have Fun being active!

Location

Meeting locations can be interchangeable depending on group convenience. Current suggestions for meeting locations include tribal grounds (trail run/walk) and Ninigret Park.

Examples of Upcoming races

1. Deerfoot 5k - Saturday April 22nd at 9:00 in Ninigret Park. Charlestown RI
2. Blessing of the Fleet Road Race - July, 28th 2023 in Narragansett R.I.
3. Stonington Cross Country 5K - August 16th, 2023 in Stonington, CT
4. IGT Downtown 5k - Sunday September 17th, Providence R.I
5. Tarzan Brown Mystic River Run - November (Date Pending), Mystic, CT