



RUNNINGMEDICINE

Running Medicine Acoma/Laguna Spring 2024

Practice will be on Mondays, Wednesdays, and Thursdays from 5:30pm to about 6:45pm at the K-Center (Kawaika Center, 3 Cypress Rd, Paraje, NM 87007).

Should practice be cancelled it will be announced via phone tree and GroupMe. Please have bring your own water!! Hydration is needed! Also please wear proper running shoes. Spikes are encouraged when we get close into the youth USATF season.

All ages and levels welcome!

Date	Time	Location
28-Mar	5:30pm - 6:45pm	K-Center
1-Apr	5:30pm - 6:45pm	K-Center
3-Apr	5:30pm - 6:45pm	K-Center
4-Apr	5:30pm - 6:45pm	K-Center
8-Apr	5:30pm - 6:45pm	K-Center
10-Apr	5:30pm - 6:45pm	K-Center
11-Apr	5:30pm - 6:45pm	K-Center
15-Apr	5:30pm - 6:45pm	K-Center
17-Apr	5:30pm - 6:45pm	K-Center
18-Apr	5:30pm - 6:45pm	K-Center
22-Apr	5:30pm - 6:45pm	K-Center
29-Apr	5:30pm - 6:45pm	K-Center
1-May	5:30pm - 6:45pm	K-Center
2-May	5:30pm - 6:45pm	K-Center
4-May	8am - 4pm	1st Meet: ZIA USATF Meet (Albuquerque High)
6-May	5:30pm - 6:45pm	K-Center
8-May	5:30pm - 6:45pm	K-Center
9-May	5:30pm - 6:45pm	K-Center
11-May	8am - 4pm	2nd Meet: AAT USATF Meet (Eldorado High School)
15-May	5:30pm - 6:45pm	K-Center
20-May	5:30pm - 6:45pm	K-Center

22-May	5:30pm - 6:45pm	K-Center
23-May	5:30pm - 6:45pm	K-Center
25-May	8am - 4pm	3rd Meet: Jags USATF Meet (Los Lunas High School)
27-May	5:30pm - 6:45pm	K-Center
29-May	5:30pm - 6:45pm	K-Center
30-May	5:30pm - 6:45pm	K-Center
1-Jun	8am - 4pm	4th Meet: Cougars USATF Meet (Volcano Vista HS)
3-Jun	5:30pm - 6:45pm	K-Center
5-Jun	5:30pm - 6:45pm	K-Center
6-Jun	5:30pm - 6:45pm	K-Center
14-Jun	5:30pm - 6:45pm	K-Center
July Regionals	TBD	



Native Health Initiative
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