

Ringwood Recreation 2025

the fun starts here!

TRAIL RUNNING

AGES 18+

SATURDAY MORNINGS 9:00-11:00 AM

MAY 10, 17, 24 & 31

MARTIN J. RYERSON SCHOOL (UPPER FIELD)

130 VALLEY ROAD, RINGWOOD

\$25



REGISTER ONLINE AT [COMMUNITYPASS.NET](https://communitypass.net) UNDER THE SEASON
"ADULT SPORTS & EXERCISE PROGRAMS"

REQUIREMENTS: YOU SHOULD BE ABLE TO RUN 1 MILE AT ANY PACE. YOU
CAN TRAIN FOR THIS BEFORE WE MEET FOR THE FIRST TIME.

Hit the trails & experience the thrill of Trail Running! This beginner-friendly program will introduce you to the fundamentals of trail running, equipping you with the skills & confidence to navigate diverse terrain & embrace the beauty of the outdoors and prepare for races. Whether you are new to running or seeking new challenges, this program will guide you on an exciting journey to discover the joy of trail running!



INSTRUCTOR BRENDAN LACORTE, RINGWOOD RESIDENT, HAS AN INTIMATE KNOWLEDGE OF THE LOCAL TRAILS, USING THEM FOR BOTH ENJOYMENT & TRAINING. HIS PASSION FOR RUNNING HAS LED HIM TO COMPLETE NUMEROUS MARATHONS, INCLUDING THE NYC MARATHON, 50-MILE RACES & EVEN A 100-MILE ULTRAMARATHON.

QUESTIONS? EMAIL RECDEPT@RINGWOODNJ.NET OR (973) 475-7171