

How to Be Race Ready

With Mandy Howard, Fleet Feet Sports

FOR FACULTY AND STAFF

Preparing for an upcoming race?

Whether you are a beginner or an experienced runner trying to improve your time, you will learn valuable training techniques and important tips to keep in mind on race day! Enjoy healthy snacks during the presentation and an optional group run afterward.

You will learn about:

- Pacing
- Hydration
- Race visualization
- How to warm up and cool down
- How to navigate a course

Wednesday, April 26

Hall of Languages, Room 500
5:15-5:45 p.m.

Friday, April 28

Goldstein Student Center, Room 201ABC
12:15-12:45 p.m.

Register

Visit wellness.syr.edu/raceready
for more information and to register today.

To request accommodations, please contact the
Wellness Initiative at 315.443.5472 or
wellness@syr.edu.

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Questions?

Email wellness@syr.edu
or call **315.443.5472**.

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