

Winter Running 101

FREE FOR FACULTY AND STAFF

Run outside safely during the winter!

With Brendan Jackson, Fleet Feet running coach

Don't hang up your running shoes once the snow starts to fall! If you love being outdoors, take your cardio on the road, sidewalk, or trail even in blustery CNY! Learn about winter safety, the best gear, and the overall benefits of winter running.

Friday, December 2

12:10–12:40 p.m.

Hall of Languages, Room 500

Healthy snacks and giveaways!

Register

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

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Questions?

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