



Pace for the Race Training Clinic

Come train with us! We are getting ready to kickoff our annual Pace for the Race Spa City 10K & 5K training clinic.

What it is. A training clinic that gets you ready to run the Spa City 10K or 5K on November the 19th.

When it is. It starts Tuesday, September the 13th and runs through November 17th.

Where it is. Transportation Depot, 100 Broadway Terrace, HS, AR.

We will meet every Tuesday and Thursday at 5:45 pm. It doesn't matter if you currently run or not, or you simply want to get faster and stronger we will train you, come join us. To sign up, or to find out more information contact Brent Morrison at Brent@arspacers.com or call 1-501-681-7864 to find out how to pick up a sign up sheet