



NEXT STEPS

aka "Second Strides"

Congratulations on completing First Strides 2015! We hope to see all of you back next year either as return participants or as mentors. In the meantime, here are some resources to help you maintain the awesome forward momentum that you have going:

Training Group Links

For those looking for a follow-up program at a similar level: Fleet Feet, a sponsor of First Strides, offers a program called No Boundaries including stretching, structured group running workouts, strength workouts, educational clinics, and a culminating 5k. The next No Boundaries session begins August 19th.

For those looking to take the next step with their running or racing: The Green Mountain Athletic Association running club is a great fit for anyone looking to take their running to the next level. It is an all-comers group of runners that meet every Sunday for long runs of 4-20 miles, every Thursday for workouts on the track, and year-round at a variety of races the GMAA both hosts and travels to.

Another thriving local running group is Team in Training, a running group with the motivating goal of raising money for leukemia and lymphoma research. This is a well established and fun group of runners with built-in coaching, mentors, group runs, and a variety of goal races for runners of all abilities.

Race Links

GMAA Round Church Women's Run. We recommend giving this race a try as a culmination of all your hard work - and as a way to have a fun reunion! It is a women's only race that offers a welcoming atmosphere for first time racers, runners, and walkers of all abilities. You do need to get yourself pre-registered - there is no race day registration for this race and entry into the Round Church Run was not included in your First Strides registration.

Even if this race doesn't fit on your calendar, we recommend signing up for one of the many local races as a great way to stay motivated to keep up your walking and running after the conclusion of our First Strides program! Below are a few online calendars that list a variety of local races. You never know where it might lead!

- Cool Running
- Vermont Sports
- Other GMAA Races

Thanks for being such an inspiration over these past 12 weeks!

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