TIPS FOR BEGINNER RUNNERS

1. INVEST IN THE RIGHT EQUIPMENT
   - A GOOD PAIR OF RUNNING SHOES
   - A HAT OR SUNSCREEN
   - RUNNING SHORTS OR LEGGINGS

2. RUN FOR DISTANCE, NOT TIME
   - PACE YOURSELF
   - GRADUALLY BUILD MILEAGE

3. SET ATTAINABLE GOALS
   - BUILD REST DAYS INTO YOUR PLAN
   - TRACK YOUR MILEAGE
   - TAKE WALK BREAKS WHEN NEEDED

4. EMBRACE THE RUN
   - FIND YOUR MOTIVATION
   - BE CONSISTENT
   - YOU CAN DO THIS!!

Claude Moore Recreation and Community Center & Dulles South Recreation and Community Center
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