

**SIGN UP FOR**

**SPRING  
2025**

**immersion<sub>pt</sub>**

# **GROUP TRAINING RUNS**

**WITH DR. MEGAN JAMES,  
PHYSICAL THERAPIST &  
RUNNING COACH**

***Fridays 5/2, 5/9, 5/16, 5/23, 5/30 & 6/6 @ 6:30am, Maple Ave. Schoolhouse  
Wednesdays 5/7, 5/14, 5/21, 6/4, & 6/11 @ 6:00pm, Captain CHS***

***\$30 for 6 sessions or \$50 for all 11!  
Register at [www.ptimmersion.net/run](http://www.ptimmersion.net/run)***



***Prepare for the  
Charlton 5K &  
Route 50 Mile races!***



**2025  
GRAND PRIX  
SERIES**

**THURSDAY, JUNE 12, 2025**