

HOT CHOCOLATE WITH CHECKERS

**JOIN US ONLINE
HAVE A DRINK & LEARN
SOME COOL RUNNING STUFF**



TUESDAYS AT 7:30 PM

- TUE 12/8 ALL ABOUT RUNNING SHOES WITH JIAMIN LIU ✓
- TUE 1/5 YOGA WITH LIZ RANDELL
- TUE 1/19 **6:45 PM- CHECKERS AWARDS SHOW** FOLLOWED BY
MATT DORE'S HISTORY OF WNY RUNNING VOL. 1
- TUE 1/26 MATT DORE'S HISTORY OF WNY RUNNING VOL. 2
- TUE 2/9 MATT CHASE'S STRENGTH EXERCISES FOR RUNNERS
- TUE 2/16 MATT DORE'S HISTORY OF WNY RUNNING VOL. 3
- TUE 2/23 MATT DORE'S HISTORY OF WNY RUNNING VOL. 4
- TUE 3/9 MATT DORE'S HISTORY OF WNY RUNNING VOL. 5
- TUE 3/16 THE MENTAL GAME WITH MATT PROHASKA
- TUE 3/23 CHECKERS WEBSITE TIPS & TRICKS WITH HERMAN VAN LEEUVEN

A Zoom Invite will be sent via email closer to the meeting date.