



RUNNING COMPANY

December Events:



ableboxes Mobility Clinic

Monday, December 5th - 7pm Sayville Running Co.

Join Brendan and Andrew, owner of ableboxes, as they present an easy 10 minute routine that you can do daily to increase your mobility.

RSVP: andrew@theablecompany.com

Brewery Training Run

Thursday December 8th - 6pm Sayville Running Co.

6 Mile Run that ends at **South Shore Dive** in West Sayville, where the first Blue Point Beer is on the house!



John Theissen Toy Trot Prediction Run

Saturday, December 10th - 11 am at **Smithtown Running Company**

Participants earn prizes by accurately guessing their finishing time.

Entry Fee: bring a new, unwrapped toy for John Theissen's Children's Foundation

Stay after for prizes and refreshments.

Ugly Sweater Run

December 24th - 7:30 am - Sayville Running Company

Join us for a quick morning run of any distance. Hang around after for a quick Bagel and Coffee before getting your last minute errands started.



Find out why runners are raving about the Distance Training Program.

Informational Meetings:

Dec 14th 6:30 pm in Sayville

Dec 21st 6:30 pm in Smithtown

More Info: SayvilleRunning.com/pages/training or mike.petrina@sayvillerunning.com