

Pocatello Running Club



Run leaves every Saturday at 8 a.m.
from 5th Street Bagelry

No meetings. No dues.

Just running!

- ❖ For company on longer training runs.
- ❖ Find new training routes.
- ❖ Carpool to new races.
- ❖ Get some dirt on those white running shoes!
- ❖ Push yourself with faster partners.
- ❖ AND...the option of carb reload post-run!

How fast do you run?

It depends who shows up! 8 min pace? 7:15? 8:30? If the group is big enough, we'll split into faster and slower groups.

How far do you run?

Most clubs make weekend morning runs their "long" runs, so it'd be nice to keep them over 5 miles. We may get into 20+ milers during marathon season. Feel free to do any part of the runs to your needs/desires.

I have questions. Who can I contact?

Nikky at RunPoky@mm.isu.edu