

Meet & Train

Dublin City Council's Beginners Running Club

DCC Meet & Train is open to all ability levels but specifically targets beginners. We want to help you start running and motivate you to keep running!!

Get tips on stretching, running speed, warm-up and cool-down.

Meeting point: Playground entrance of Johnstown Park, Glasnaon Road, Finglas.

To register, please contact:
Antonia Martin
Sport & Recreation Officer
Dublin City Council
087-1254709

**Johnstown Park,
Finglas East.**

Time: 7pm

Every Wednesday

**Join Anytime!!
Come and try it!!**

Free of charge

