



Please join City Councilor Mike Ross, The Department of Conservation of Recreation, The Esplanade Association, New Balance and Sports Club/LA as we kick-off the Esplanade Running Club:

**EVERY TUESDAY AND THURSDAY (until the Boston Marathon)**  
**KICKOFF: Thursday, November 10<sup>th</sup> at 5:45 PM**  
**Come by for a FREE T-SHIRT (while supplies last)**  
**Charles Circle, Beacon Hill, by the Red Line (near CVS)**

T-shirts and reflective materials from New Balance will be provided to all participants on the run. Whether you're just starting out or a practiced runner there is a group for you!

**Please Advise:**

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- **The Esplanade Running Club will meet every Tuesday and Thursday** until the Boston Marathon, between 5:45 and 6:00 PM at Charles Circle on the sidewalk near the CVS on Beacon Hill. From there they will proceed as a group over to the Esplanade.
- **Runners will run the following loop around the Esplanade:**  
From the footbridge at Charles Circle down the Esplanade over to the Mass Ave Bridge. From there they will follow the Memorial drive path up to the Museum of Science Bridge and end on the Esplanade back at Charles Circle. The path is approximately 5.1 Miles.
- **The Esplanade Running Club will have groups running at two different speeds:** "fast" and "fun". Please run with the group that best matches your ability. Each group will be staffed by a volunteer running leader.
- **At all times runners must pair up with a buddy.**  
If you're coming alone we will pair you up at the starting point.
- **At the conclusion of the run, please take public transit home.**  
DO NOT run along the Esplanade back to your home.

*For more information or if you have questions please call:  
City Councilor Mike Ross's office at (617) 635-4225*