

Press Release

FOR IMMEDIATE RELEASE
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Community Center at Stuyvesant High School Offers: Battery Park City Running Club

Get outdoors, socialize, and improve your fitness!

Date: Thursday evenings
Time: 7 – 7:45 pm
Place: Outside the Community Center at Stuyvesant High School front entrance
345 Chambers Street (access: West Street)
Subways: 1, 2, 3, A, C to Chambers Street / E to WTC
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall
Cost: FREE!
Information: 646-210-4292, communitycenter@bpcparks.org or visit www.ccshts.org

Running is good for you, doesn't require expensive equipment and you can do it anywhere, even in a city of over 8 million! Come on a run with the BPC Running Club on Thursday evenings this fall! Lace up and jog along the waterfront parks of Battery Park City with other active members of the community. Join in group warm up and cool down exercises led by programming leaders.

There are numerous benefits to running: improved cardiovascular health, mood, coordination, weight loss, and overall well-being. But group running offers even more than just physical improvement, it brings like-minded individuals together to experience an activity everyone enjoys. Get motivated, expand your social circle, learn about new running routes and events, and improve your performance by taking part in this community running program!

Free program! All levels welcome. Wear sneakers and bring a water bottle. CCSHS membership not required.

Battery Park City Parks Conservancy is the non-profit organization that manages, operates and maintains the parks of Battery Park City. It offers over 2,000 events and outdoor programs for all ages from May 1 through October 31. Indoor programs take place year-round at our multi-purpose 6 River Terrace venue, which is also available for party and event rental. BPCPC also manages the Community Center at Stuyvesant High School. Please visit our website: www.bpcparks.org for more information.