



Runnin' For Rhett



* Come join Runnin' for Rhett! Runnin' for Rhett is a free after school running program returning to Pony Express this fall. The program will last seven weeks, culminating in a virtual 5k throughout December. My name is Sam Hemesath, a former Pony Express student, and I will be coaching the program this fall. Due to COVID-19, practices will be held virtually twice a week over Zoom, but we'll still be sure to get in plenty of exercises.

October 7th-November 31st

Wednesdays and Fridays from 3-4

Send any questions to samhemesath@yahoo.com

