

RSR program equips runners with the physical training and goal-setting mentality to accomplish their goals. This program focuses on respecting authority, proper nutrition, building confidence and self-esteem, dealing with peer pressure, and completing a 5K at the conclusion of the program.

June 3rd - August 1st

Every Monday & Thursday 9:00 am - 10:30 am

5K - Thursday August 1st

Location: Oxford Community Park

Ages: 8 - 13 years

\*Includes T-Shirt & Manual

Register online: www.cityofoxford.org/OPRD



