



Ridgewood Run Information Guide!

Get the rundown on your club. News, events, tips and more in The Quarter Turn. **NJM's new quarterly newsletter.**
Guaranteed to inform and inspire!

Here's what you can expect in our first edition of The Quarter Turn:

- * **Interviews with our very own Spring Coaches!**
- * **An informative piece on transitioning from the treadmill to the roads!**
- * **Why Hydration is key for runners!**
- * **Check the Race Corner for upcoming races!**
- * **Our favorite recipe for a quick and energy packed snack!**

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Going from the Rubber to the Road

With spring just around the corner, many runners will be moving back outside from a winter of running indoors. Whether the treadmill has been your pleasant escape from winter's harsh conditions or the "dreadmill" you have been longing to leave, it will soon be time to start logging your miles in the great outdoors.

[Click here to read more](#)



Coach Joel Pasternack

Tuesday Night Track Workouts with Coach Joel Pasternack

When: March 12th - May 28th
Location: Ridgewood Middle School
Day: Tuesday
Time: 6:15pm

[Click here to read more about Coach Joel](#)



Stay Un-Thirsty My Friend

Run thirsty and pay the price. Read more about why hydration is important [here](#).



Coach Paul Kartanowicz

Thursday Night Track Workouts with Coach Paul Kartanowicz

When: March 14th - May 30th
Location: Veterans Field, Ridgewood
Day: Thursday
Time: 6:15pm

[Click here to read more about Coach PK](#)

RACE CORNER

- 3/3 Purim 5K**
 - 3/10 E. Murray Todd 1/2**
 - 3/16 Shamrock n Run 5K**
 - 3/24 PV Shamrock 5K**
 - 4/7 Cherry Blossom 10K**
 - 4/14 Rutgers Unite Half Marathon**
 - 4/27 Clinton Country Run 15K**
 - 4/28 NJ Marathon & 1/2 Marathon**
 - 5/5 Waldwick 5K**
 - 5/18 Brooklyn Half Marathon**
 - 5/19 Presidents Cup 5K**
 - 5/27 The Ridgewood Run 5K/10K**
- Click [here](#) for a list of races with registration links.**



No Bake Energy Bite Recipes

These energy biters are excellent as a pre workout snack!

[Click here for 8 No Bake Energy Bite Recipes!](#)

Comments or suggestions for our next edition are welcomed at:
communications@njmasters.com

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