



Moving on a Monday

A Burr Parent/Guardian Walking/Running Group



When and Where?

Starting Mon, Sept 11th, we'll meet every Monday morning in front of the school after drop-offs (around 8:15am). From there, we'll head out for a walk/jog/run with a goal of getting back to the school by 9am.

What if I'm not a runner?

No worries! We'll have folks who move at all different paces, and we'll share different route options depending on our pace. We'll start with three routes - one for those who like to walk, one for those who run/jog at a casual pace, and one for those who like to run at a faster pace.

Why?

- (1) It's good for us! "If exercise were a pill, it would be the most widely prescribed medicine in the world." – Covert Bailey
- (2) It's good for our community. Come get to know other Burr folks as you move and chat.

Paddy's 5K

If you're interested, join us for the [Paddy's Road Race](#) on October 15th! It's a 5K (3 miles), and there are options for youth as well (field races and a 1K). Entry fees support Newton Athletes Unlimited, which serves over 300 children and adults with disabilities, providing year-round programs to encourage physical, social, emotional and intellectual development.

Never done a 5K? Here's a 5-week Couch-to-5K training plan from Livestrong:

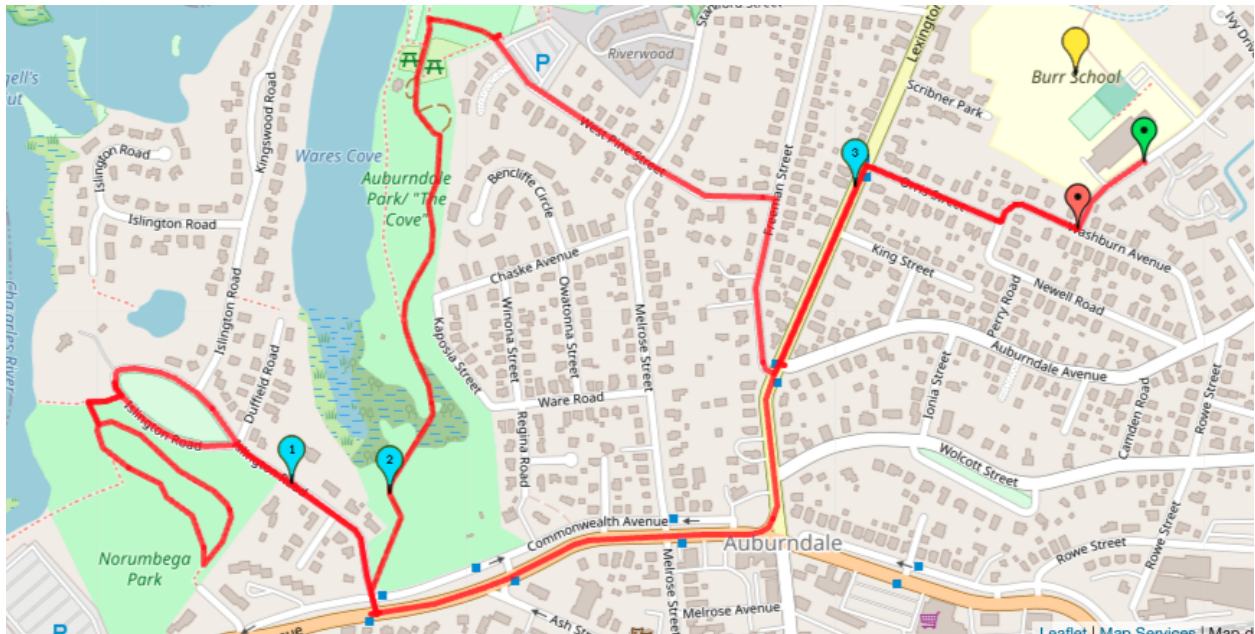
<https://www.livestrong.com/article/557639-running-101-a-5k-training-plan-for-beginners>.

Questions?

If you have questions, reach out to Becky Silva at beckynyce@gmail.com or talk with one of the organizers - Becky (parent of 2nd grader Maya), Dave Lievens (parent of 2nd grader Thomas and 4th grader William), or Benny Lee (parent of 1st grader Lucy and 4th grader Asa).

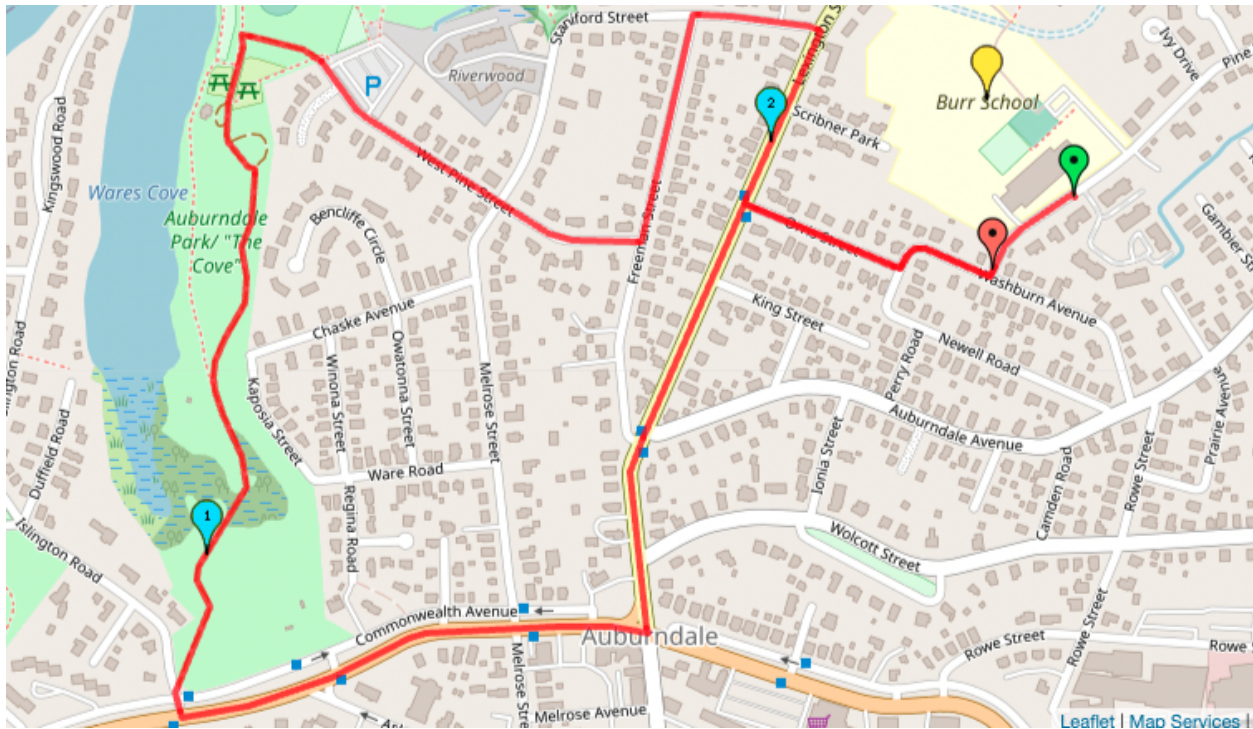
Potential Routes

3.2 Mile Route: To Islington Rd / Norumbega Park, Return via Auburndale Cove



- ☐ Run/walk down Pine Street (in the direction of Starbucks)
- ☐ Turn right on Washburn Avenue
- ☐ Turn right on Orris Street
- ☐ Turn left on Lexington Street
- ☐ Turn right on Commonwealth Avenue
- ☐ Turn right on Islington Road (after Lyons Park)
- ☐ Run up Islington Street. At the top, there is an oval-shaped green space. On the side with the dirt path, you will find a wooded path.
- ☐ Run around the wooded path, and back out where you entered
- ☐ Run down Islington Road
- ☐ Take a left at the bottom of Islington onto the gravel path that runs alongside Lyons Park
- ☐ Follow the gravel path to Auburndale Cove (stay left when there is a split)
- ☐ When you reach the playground, take a right and run up toward the parking lot
- ☐ Run up West Pine Street
- ☐ Turn right on Freeman Street
- ☐ Turn left on Commonwealth Avenue
- ☐ Turn right on Orris Street
- ☐ Turn left on Washburn Ave
- ☐ Turn left on Pine Street. Burr School will be on your left

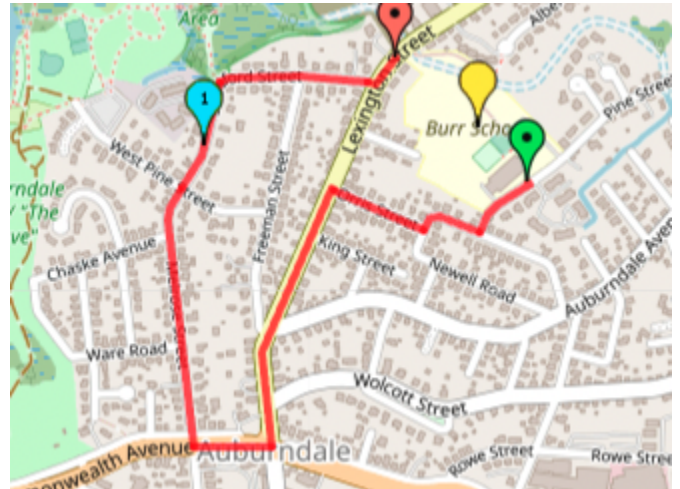
2.2 Mile Route: To Lyons Field / Auburndale Cove



- ☐ Run/walk down Pine Street (in the direction of Starbucks)
- ☐ Turn right on Washburn Avenue
- ☐ Turn right on Orris Street
- ☐ Turn left on Lexington Street
- ☐ Turn right on Commonwealth Avenue
- ☐ After passing Lyons Park, turn right on the gravel path that runs along the edge of the park
- ☐ Follow the gravel path to Auburndale Cove (stay left when there is a split)
- ☐ When you reach the playground, take a right and run up toward the parking lot
- ☐ Run up West Pine Street
- ☐ Turn right on Freeman Street
- ☐ Turn left on Commonwealth Avenue
- ☐ Turn right on Orris Street
- ☐ Turn left on Washburn Ave
- ☐ Turn left on Pine Street. Burr School will be on your left

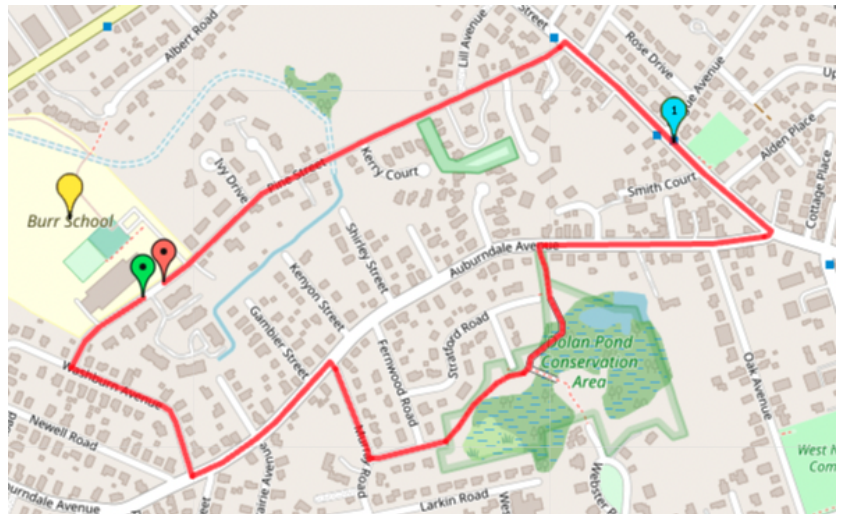
1.3 Mile Route: To Melrose Street

- ☐ Run/walk down Pine Street (in the direction of Starbucks)
- ☐ Turn right on Washburn Avenue
- ☐ Turn right on Orris Street
- ☐ Turn left on Lexington Street (*Stop at Starbucks if desired 😊*)
- ☐ Turn right on Commonwealth Ave
- ☐ Turn right on Melrose Street
- ☐ Follow Melrose Street to 4-way stop sign where Melrose turns into Staniford Street
- ☐ Continue straight onto Staniford Street
- ☐ Follow Staniford as it briefly turns into dirt road and curves to the right
- ☐ Turn left on Lexington
- ☐ Cross Lexington Ave at the crosswalk and walk down the pathway next to the field to the back of Burr School!

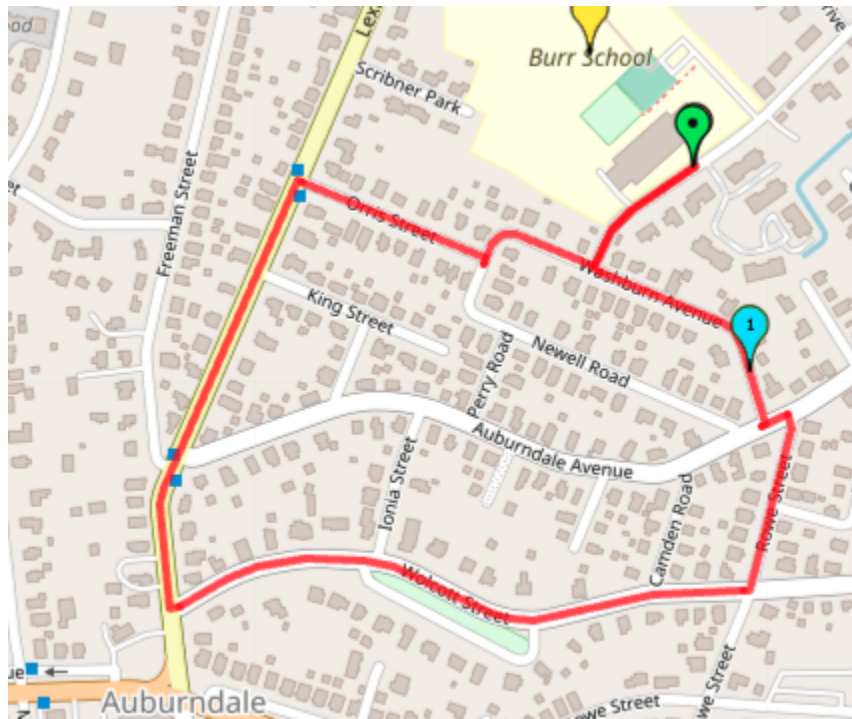


1.5 Mile Route: To Dolan Pond Conservation Area

- ☐ Run/walk down Pine Street (in the direction of Starbucks)
- ☐ Turn left on Washburn Ave
- ☐ Turn left on Auburndale Ave
- ☐ Turn right on Murray Road
- ☐ Turn left on Cumberland Road
- ☐ At end of Cumberland Road, enter pathway into Dolan Pond Conservation Area
- ☐ Follow path through Dolan Pond Conservation Area, staying to the left, until it brings you back to Auburndale Ave
- ☐ Turn right on Auburndale Ave
- ☐ Turn left on River Street
- ☐ Turn left on Pine Street. Walk to Burr School!



1.1 Mile Route: To Starbucks



- ☐ Run/walk down Pine Street (in the direction of Starbucks)
- ☐ Turn right on Washburn Avenue
- ☐ Turn right on Orris Street
- ☐ Turn left on Lexington Street (*Stop at Starbucks if desired 😊*)
- ☐ Turn left on Wolcott Street
- ☐ Turn left on Rowe Street
- ☐ Turn left on Auburndale Ave
- ☐ Turn right on Washburn Ave
- ☐ Turn right on Pine Street. Walk to Burr School!