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Jogging program starts July 8 at University of Montana

University of Montana--Missoula. Office of University Relations

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MISSOULA--

Jogging for Missoula residents and others interested in participating in the exercise program begins Monday, July 8, at the University of Montana.

The program, which begins at 8 p.m. on Dornblaser Field on the Missoula campus, is for all age groups and both sexes.

Harley Lewis, UM track coach, said joggers will start by jogging short distances and then increasing the distances as their physical conditions improve.

Joggers will participate in the sport Mondays, Wednesdays and Fridays at 8 p.m.

Dr. Robert B. Curry, director of the UM Student Health Service, said institution of the jogging program "is an effort to get people to take an active interest in their health."

Dr. Curry, Lewis and several others are organizing the jogging activity.

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