



- Get in shape - Stay in shape
- Train for the next race
- Stay motivated
- Meet new friends

Runners are unique...We have to stick together!

Join us for:

Sunday Group Runs

- ✓ Sunday mornings at 7:00 am and 8:30 am
- ✓ Meet at Village Green Park, downtown Plainfield
- ✓ All abilities welcome
- ✓ Various distances

Wednesday Fun Runs -

- ✓ Meet at 6:30 pm - Check web site for location

Thank you to our partner



RUNNING FOR THE HEALTH OF IT