

Feel like getting out this Saturday for a run or a walk? I know you do! So join us out there and enjoy this great weather.

New routes this week. They are attached.

Saturday, February 4, 2012. Hospital Dialysis Center (first building on the right as you go into the hospital), 7:30 AM
The 4 and 6 miles courses are attached. The 4 mile course will be the same route the Pace group is running, so you might see some of them on your way back. Be sure to give them lots of encouragement.

There will be a water stop at the corner of Tipton Ln and Sycamore St. (North Christian Church side). Thank you to Samantha Steele for putting it out last week and to Joellen Criswell for putting it out this week.

Sunday, February 5, 2012

7:30 AM - Donner parking lot (by the swimming pool entrance) for a 3 or 4 mile run/walk.

Important Tidbits:

1) The Indy and the Louisville races are filling up fast. Get registered soon.

Have a great week.

Pat

