



Join up with Runner's Soul for our FREE Wednesday Night Runs  
 Starts Sept 21<sup>st</sup>, 2011 @ 7:00 PM

Only \$9.99 gets you the Fabulous DISCOUNT CARD and a chance  
 to win a pair of Mizuno Shoes or other Great Mizuno Prizes.  
 PRIZES TO BE DRAWN AT THE FIRST RUN SEPT 21/11

Wednesday Night Running Club 2011/2012 7:00 PM Start Time			
DATE	THEME	MEET AT	FYI
Sept. 21	Meet N' Greet	Runner's Soul	Mizuno Night, win a pair of shoes/prizes
Oct. 5	What's in your box?	Runner's Soul	Prizes!
Oct. 19	Pumpkin Plod	Runner's Soul	Carving competition
Nov. 2	Cheez Willikers	Cheesecake Cafe	After run snacks
Nov. 16	Whine & Wine	Andrew Hilton	Wine tasting after
Dec. 7	Toys for Tots	Runner's Soul	Donate unwrapped toy
Dec. 21	Latte Lope	The Penny Coffee House	Refreshments after
Jan. 4	Pajama Party	Runner's Soul	Wear your PJ's, post run snacks
Jan. 18	Chilly Chili Night	Runner's Soul	Chili challenge
Feb. 1	Bring your Sweetie	Runner's Soul	Walk/Run together
Feb. 15	Tortoise Trot	Streetside Eatery	After run snacks
Mar. 7	Mini Moon	Galt Museum	
Mar. 21	Where's Waldo	Runner's Soul	
Apr. 4	Wing Night	Front Row Pub	

**RUNNERS OF ALL AGES WELCOME!!**  
*You Don't Have to Be Fast...Just Friendly!!*