



PREPARING YOU FOR THE HUMAN RACE

Join up with Runner's Soul for our FREE Wednesday Night Runs
Starts Sept 19th, 2012 @ 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 19, 2012.

Wednesday Night Running Club 2012/2013			
7:00 PM Start Time			
DATE	THEME	MEET AT	FYI
Sept. 19	Meet N' Greet	Runner's Soul	Mizuno Night, win a pair of shoes/prizes
Oct. 3	What's in your box?	Runner's Soul	Prizes!
Oct. 17	Pumpkin Plod	Runner's Soul	Carving competition
Nov. 7	Cheez Willikers	Cheesecake Cafe	After run snacks!
Nov. 21	Whine & Wine	Andrew Hilton	Wine tasting after
Dec. 5	Toys for Tots	Runner's Soul	Donate unwrapped toy
Dec. 19	Latte Lope	The Penny Coffee House	Refreshments after
Jan. 2	Pajama Party	Runner's Soul	Wear your PJ's, post run snacks
Jan. 16	Chilly Chili Night	Runner's Soul	Chili challenge
Feb. 6	Bring your Sweetie	Runner's Soul	Walk/Run together
Feb. 20	Tortoise Trot	Streetside Eatery	After run snacks!
Mar. 6	Mini Moon	Galt Museum	
Mar. 20	Meet N' Meat	M & M Meat Shop (South)	After run snacks!
Apr. 3	Wing Night	Front Row Pub	Wings!

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