

# **RUNNING CLUB!!**

## **Free Wednesday Night Club Runs**

Only \$9.99 gets you the Fabulous Discount Card and a chance to win MIZUNO shoes or other Great MIZUNO Prizes. Prizes to be drawn at the first run.



**Runners of All Ages Welcome!**  
**You Don't Have To BE Fast... Just Friendly!**  
**7.00 p.m. Start Time**

Call Runner's Soul For More Information at 327-2241

<b>DATE</b>	<b>THEME</b>	<b>MEET AT</b>	<b>F.Y.I</b>
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	T.B.A.	After run treats
Nov. 21	Whine & Wine	Andrew Hilton	Wine tasting after
Dec. 5	Cool Can Run	Runner's Soul	Donation for Food Bank
Dec. 19	Latte Lope	The Penny Coffee House	Refreshments after
Jan. 2	Hot Choc & Cookies	Runner's Soul	Bring a few cookies
Jan. 16	Chilly Chili Night	Runner's Soul	Chili Challenge, enter your best chili for prizes (max. 8 entries)
Feb. 6	Love to Veg	Runner's Soul	Prizes
Feb. 20	Turtle Trot	Streetside Eatery	After run snacks
March 5	Mini Moon	Galt Museum	
March 19	Where's Waldo	Runner's Soul	Prize night for this challenge
April 2	Just Wing It	Shark Club	Our traditional Wing Night