

RUNNING CLUB!!

Free Wednesday Night Club Runs

Only \$9.99 gets you the Fabulous Discount Card and a chance to win a pair of Saucony Shoes or other Great Saucony 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

DATE	THEME	MEET AT	F.Y.I.
Sept. 20	Meet N' Greet	Runner's Soul	Saucony Night, win a pair of shoes/prizes
Oct. 4	Mix & Match	Runner's Soul	Prizes!
Oct. 18	Pumpkin Plod	Runner's Soul	Carving competition
Nov. 1	Cheez Willikers	Cheesecake Cafe	After run treats
Nov. 15	Whine & Wine	Andrew Hilton	Wine tasting after
Dec. 6	Cool Can Run	Runner's Soul	Donation for Food Bank
Dec. 20	Latte Lope	The Penny Coffee House	Refreshments after
Jan. 3	Hot Choc & Cookies	Runner's Soul	Bring 4 - 6 Cookies
Jan. 17	Chilly Chili Night	Runner's Soul	Chili Challenge, enter your best chili for prizes (max. 8 entries)
Feb. 7	Love to Veg	Runner's Soul	
Feb. 21	Turtle Trot	Streetside Eatery	After run snacks
March 7	Mini Moon	Galt Museum	
March 21	Where's Waldo	Runner's Soul	
April 4	Just Wing It	Earls	Our traditonal Wing Night

Preparing You For The Human Race