



“Run” Club News



A fun group for social runners

~ May 2013 ~

INFORMATION

- A new season is upon us, so dust off your running shoes & come join us for a run!
- New Season, New Crew, New Location(s) ~ Invite a friend on a run, let's grow our club! We have new and veteran runners, walk-to-run runners, singles, couples, even babies! We are all about fun and fitness, not (yet) competitive training. Strollers and (friendly) dogs are welcome. If you bring your furry friend, please bring your doggie-cleanup bags.
- What are we called now exactly? Our group started off as 'Hilliard Grand' Run Club... think of a new name and email Teresa. A free STARBUCKS will be awarded to the name winner!

UPCOMING EVENTS

- Monday, May 31 10 AM **First run of the season!** Meeting @ the Gellenbeck's house – see address below
- ??? Send a race suggestion (5K, 10K) for summer to Teresa and we'll get it on the calendar!
- Sunday, Aug 4 7:00AM **Scioto Miles 10 miler**

MEETING SCHEDULE

Day

Meet & Greet

Activities

Tuesdays or Thursdays – Time and location to be determined

Saturdays 10AM @ Starbucks, downtown Dublin Group Run/Walk 3 miles
We will start off running 1 mile and doing walk/run intervals for the remaining 2 miles
Start time and location are subject to change and the demands of the group

Runner Recognition

- Send Teresa your fitness accomplishments to be featured HERE in future newsletters

CONTACT INFORMATION

Teresa Gellenbeck, Run Coach

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As soon as our group has a new official title, you'll be able to LIKE us on Facebook
