

Run Club News

Hilliard Grand - Dublin, Ohio - Sep 2012

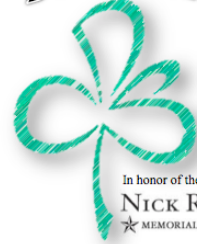


"In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, I FINISHED. That is satisfaction." -New York City Marathon co-founder

UPCOMING EVENTS

- Saturday, October 13 9AM **Dublin 5K** (Glacier Ridge Metro Park)
- Sunday, November 11 9AM **Buckeye Classic** (Highbanks Metro Park)

Dublin 5K



GROUP TRAINING SCHEDULE

<u>Day</u>	<u>Meet & Greet</u>	<u>Activities</u>
Wednesdays	6:30PM @ clubhouse entrance 7:10ish @ fitness center (after run)	Group Run 2-3 miles Strength Training
Saturdays	9:30AM @ club entrance	Group Run 3+ miles

*In addition to group runs, try to get in one or more runs or workouts each week *



PARTICIPANT RECOGNITION

Deedra, Megan, Stephen, Teresa,
Joey & Peggy (pictured left to right)
were all finishers of the
COLOR ME RAD 5K
on August 19, 2012.

It was Megan & Steve's first!
Congrats to all ~
a fun morning of fitness and fun!



INFORMATION & TIPS

- Consider signing up for a fall or winter race. It's a great way to stay motivated and keep working towards your fitness goals.

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