

Generationz Run Club

UPCOMING EVENTS – Fall/Winter

~Sep 2013 News~

- Sat, October 12 Dublin 5K, Glacier Ridge Metro Park
- Sun, October 20 Columbus Half Marathon
- Sun, November 3 Buckeye Classic 10K, HighBanks Metro Park
- Sat, December 7 Jingle Bell 5K – Bring the family!

MEETING SCHEDULE

<u>Day</u>	<u>Meet & Greet</u>	<u>Activities</u>
Thursdays	6:00PM <i>266 Beckley Lane, Dublin</i>	Group Run/Walk 2.5+ miles
Saturdays	9:30AM @ Starbucks, Historic Dublin <i>19 West Bridge St, Dublin</i>	Group Run/Walk 3+ miles

INFORMATION & TIPS

- Did you know? For every 1 pound you lose, it puts 4 pounds less pressure on each knee
- Sign up for a fall or winter race to keep yourself motivated!

RUNNER (& Biker) RECOGNITION

- Deedra completed the Pelotonia and helped raise money for Cancer research!
- Peggy bought Teresa (& Joey) a new bike... let us know if you want to sign up for a duathlon sometime next Spring (maybe the Wendy's one?)

CONTACT INFORMATION

Teresa Gellenbeck, *Run Coach*
t: 614.565.5996 teresa.gellenbeck@gmail.com
266 Beckley Lane, Dublin, OH 43017

LIKE us on **FaceBook** for updates, photos and more!

