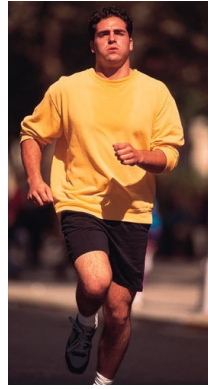


**ATTENTION  
WANNA-BE RUNNERS**



**NEW!**

## Beginners Running CLUB

Always wanted to be a runner? Now here's your chance!!  
SRFC is starting a beginners running club that will meet

**Fridays at 5p.m. STARTING March 18th.**

Come join us in all the Fun and Fresh air!

A Great way to Get into Shape & Reach Fitness Goals!

Learn Proper & Safe Training Techniques

**Lead by Andrea Graves, SR&FC Personal Trainer**



**1st Training GOAL  
AMA 5K  
April 23, 2011**

**Remember your  
Muddy shoes!!**

