



Run Your Life Running Club for Adults!

www.runyourlife.org



Come on out and join the fun! Be sure to dress for the weather, wear a good pair of running shoes, and bring a water bottle. This program is for runners of all abilities, including those who have never run before! It's a great way to begin an active and healthy lifestyle! **FREE!**

When: Saturdays beginning October 24th, 7:00-8:00AM

Where: Chauncey H. Duker School, McHenry

****Also, Highly Recommended:****

PLEASE JOIN US FOR OUR RUNNING EXPERTS INFO MEETINGS:

***"Get Ready, Get set, Run!": October 20th, 7:30PM, McHenry Middle School:**

Is an intro to running info meeting led by two experts in the field of running, **Brenda Napholz** and **Jerry Sullivan**. **Brenda** is a USATF Level 1 Certified Coach, 4 time marathoner including 4 time Boston qualifier, 3rd overall female in CARA circuit 2007/2008, 1st in Age Group CARA 2007/2008, 5+ years Coaching Experience, and Mother of 3 teenage boys. **Jerry** has been a Physical Therapist since 1976, specializing in Orthopedics and Sports Medicine since 1979, taught Spinal Mobilization at Chicago Medical School for 11 years, taught several Weekend Seminars/Continuing Education Courses, Runner since 1978, more than 15 Marathons including 3 Boston finishes, several Triathlons and continues to train competitively. **Brenda and Jerry will share all you need to know to get you prepared to run! **Highly recommended** for our **Run Your Life Running Club Members** as well as those interested in improving their running knowledge and skills. ****FREE! Everyone is welcome. Please register.**

***"Running Shoes 101, Running shoes are the most important piece of equipment" Clinic:**

Thursday, October 22, 7:30PM, The Running Depot, 30-E Williams, Crystal Lake, IL 60014 ** Running Shoes 101 is a running shoe, apparel, gear and accessories **Informational Clinic** held at and sponsored by **The Running Depot in Crystal Lake**. Owner and Running Expert, **Pam Andrews**, will teach the importance of wearing the correct shoes for your feet as well as the apparel and accessories available to ensure a great run. You will have the opportunity to go through the proper procedure of shoe diagnostics as well as learn the importance of proper attire. Running shoes, gear, apparel, and accessories are available to purchase at the clinic. **Come to The Running Depot on October 22nd, 7:30PM and learn which shoe is right for you. **FREE! Everyone is welcome. Please register. Participants attending the event will receive a 10% Discount on purchases!**

****To Register:** Email your name, contact info and activities enrolling to:

runyourlife@sbcglobal.net

You will receive a confirmation email regarding your enrollment. If you should have any questions, please call (815) 861.5074.