

☆ 3rd Annual ☆

Runners' Training

begins

Thurs. Jan 26th

Twice weekly sessions

Thursdays at 4:30 p.m. &

Saturdays 8:30 a.m.

-Train with St. Cloud Area's Elite Runners

-Pre/Post race tips from experienced runners

-Great training for all levels!



Training for

Earth Day events

Fri. April 20th & Sat. April 21st

B.L.E.N.D.
1 K Jr. Run
Children 12 &
Under
Friday,
April 20th
6 p.m.

ING
5K
Run/Walk
Friday,
April 20th
6:30 p.m.

**Earth Day Half
Marathon/
Relay**
(Approx. 6.5 mi. each
for 2 participants)
Divisions: Men,
Women & Mixed
Sat. April 21st
8:30 a.m.

**Scheel's
Half
Marathon**
13.1 Mi.
Saturday,
April 21st
8:30 a.m.

Training is for all ages and levels for the
Earth Day events.

*Training is held in partnership with
the St. Cloud River Runners and the YMCA*

Cost is \$12 Members & \$24 Non-Members

