

Is this you?

...or do you wish it was?

Then join the Surprise Running Club!





WHO? Runners & walkers of all abilities & ages

WHAT? Warm up, stretching, 10 min boot camp, 10 min clinic, 30 minute run/walk, games, prizes, club cheer

WHERE? Valley Vista High School Track, 15550 N. Parkview Place, Surprise, AZ 85374

WHEN? October 4<sup>th</sup>, 2010 to January 31<sup>st</sup>, 2011 on Mondays from 6:00 PM to 7:15 PM (with the exception of December 20<sup>th</sup> and December 27<sup>th</sup>)

**HOW MUCH?** Free. We volunteer our services simply to help our community.

HOW DO YOU GET INVOLVED? Simply show up to practice and introduce yourself to Coach Keith.

**HOW CAN YOU LEARN MORE?** Find us on Facebook by searching for the "Surprise Running Club"

Contact Coach Keith at 623.271.1020 or coach.keith@cox.net

Surprise Running Club Mondays 6:00 PM Valley Vista HS Track Coach Keith 623.271.1020 Surprise Running Club	Surprise Running Club Mondays 6:00 PM Valley Vista HS Track Coach Keith 623.271.1020 Surprise Running Club Mondays 6:00 PM Valley Vista HS Track Coach Keith 623.271.1020	Surprise Running Club Mondays 6:00 PM Valley Vista HS Track Coach Keith 623.271.1020	Surprise Running Club Mondays 6:00 PM Valley Vista HS Track Coach Keith 623.271.1020	Surprise Running Club Mondays 6:00 PM Valley Vista HS Track Coach Keith 623.271.1020	Surprise Running Club Mondays 6:00 PM Valley Vista HS Track Coach Keith 623.271.1020	Surprise Running Club Mondays 6:00 PM Valley Vista HS Track Coach Keith 623.271.1020
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