

GLEN ELLYN RUNNER'S SUMMER 8 O'CLOCK GROUP

For walkers, walk/runners, joggers, beginning runners, injured runners, those training for their first 5k and anyone else looking for camaraderie, fun and fitness



Check out our Summer Run to Walk at www.glenellynrunners.com

- All abilities, ages and paces welcome
- Distances vary, but range from 1-5 miles
- Interesting and varied routes each Sunday, both on and off the Illinois Prairie Path
- Fun and motivational group leaders-Amanda, Amy and Jeff
- 8am start time every Sunday throughout the Summer- rain or shine
- Meet at the Gazebo in Downtown Glen Ellyn
- Gatorade and water provided at the start/finish

For questions, please feel free to contact Amanda Musacchio at amusacchio@gmail.com or Amy Marker at amarker@sbcglobal.net.

Glen Ellyn Runner's members running longer distances, including those training for a marathon or half-marathon start at 6:30 am.



No need to be a member to check us out!
Sundays, 8am
at the Gazebo in Downtown Glen Ellyn