

ELVEHJEM NEIGHBORHOOD

“WEEKEND WARRIOR” RUNNING CLUB

JANUARY/FEBRUARY SCHEDULE

Cold Weather Running Tips:

For our winter runs, we have chosen routes close to home to welcome newcomers to the group.

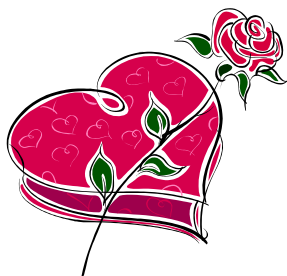
We'll share our favorite routes, secret paths, and beautiful views as our weekly leaders guide the way.

Dress in layers, and avoid cotton close to the skin. Invest in a pair of running tights, a headband or hat, and gloves.

Consider Yaktrax or other traction devices. Remember, there's never bad weather, only inappropriate clothing!

January 1	New Year's Day 5-Mile Dash/2-Mile Walk (Middleton) *Meet at 5306 East Buckeye Road at 9:15 a.m. *Carpool leaves at 9:25 a.m. SHARP *Register at http://www.newyearsdaydash.com/	11 a.m.
January 8	East Buckeye Neighborhood (Leader = Tom Berg)	11 a.m.
January 15	Agriculture Drive (Leader = Joel Stone)	11 a.m.
January 22	Elvehjem Neighborhood (Leader = Dona Hohensee)	11 a.m.
January 29	Richmond Hills (Leader = Jessica Murphy)	11 a.m.
February 5	Rolling Meadows Neighborhood (Leader = Emily Leas)	2 p.m.
February 12	Sweatin' with your Sweetie Run (Leaders = Mike and Tiff Roltgen)	2 p.m.

Love is in the air! Bring your significant other for a “sweatin’ with your sweetie” run.



February 19	Heritage Heights Neighborhood (Leader = Laura Clark-Taylor)	2 p.m.
February 26	Elvehjem Neighborhood (Leader = Darin Kalisak)	2 p.m.

For More Information

If you have any questions or would like more information, please contact Running Club Coordinator Tiffani Roltgen at 608-513-9433 or tiffani@elvehjemneighborhood.org