



# Tired of Walking to Class?

# COME JOIN THE BYU RUNNING CLUB!

Here is some of what you will get joining the BYU Running Club:

- Great groups of **friends** to support You in running
- Information about **local races**
- **Discounts** at races and running stores
- Information and meetings to help promote a **healthy lifestyle**
- Personalized **Training** for your athletic goals
- Participation in **research** studies
- Every ability level welcome
- **Leadership** opportunities available

OFFICIAL KICK-OFF MEETING

**Mon Sept 10th 6:00pm**  
**255 SFH**

RUNNING TIMES

**5:00 pm M-F**

**7:00 am T,Th**

**SFH Entrance**  
**(by the Track Offices)**

BYU



**RUNNING CLUB**

**How to Join:**

1. Go to <http://runningclub.byu.edu> and print off the liability form
2. Bring with \$5 dues to a club meeting or run

MORE INFORMATION AT [HTTP://RUNNINGCLUB.BYU.EDU](http://runningclub.byu.edu)