



Group Run Sept. 9, 2009

**This free workout meets year round welcoming all levels of runners since 2005. From 50 to 105 people turnout for a 3 – 8 mile workout at paces from 6:30 to 11 min miles. For the most part this group runs for the sheer joy of it and for company to occasionally push us to run a little longer or a little faster and to share the inevitable pain that comes with the effort to improve. You choose your workout from easy social running to hill, tempo and stride workouts offered by your hosts based on the current Strictly Running Long Distance Training program. Help yourself to cold water which is always provided at the start/finish and the runners' camaraderie, stretching or going out for dinner afterwards.**

**Where:** Columbia Canal and Riverfront Park, 312 Laurel St. The 6 mile trail is a paved, limited to runners/walkers/bikes, has lights and emergency phones. It is flat, with mile markers, water and restrooms. *Our runs are open to the public in areas with other activities and you participate at your own risk. For safety stay to the right on the trail, run no more than 2 abreast and yield to bikes.* The last Wed of each month we move the run to the Strictly Running store and order pizza to be delivered after the run. Check [www.strictlyrunning.com](http://www.strictlyrunning.com) for details each month.

**When:** Every Wednesday unless unsafe due to lightning.

**Time:** **5:30 pm** - Meet at the Strictly Running water cooler, stretch, announcements then **Run at 5:45.**

**Hosts:** For more information and to be added to the Wed night group E News email contact Ken at [RunOnSC@yahoo.com](mailto:RunOnSC@yahoo.com)



Wed Group Run Sep 2007



Wed Group Run Oct 2008



Mark Bailey, Selwyn Blake, Milly Hough, Ken Lowden, Sandy Smith

