



**KALAMAZOO
AREA RUNNERS**

Run Indoors With KAR



Are you tired of running outside in the cold and/or snow and ice? YES!
Then come run with the Kalamazoo Area Runners (KAR) on the indoor track at
Western Michigan University's Read Fieldhouse.

2009 Schedule

Date	Time	Day of the Week
January 11	6-10am	Sunday
January 13	5-7am	Tuesday
January 20	5-7am	Tuesday
January 27	5-7am	Tuesday
February 1	6-10am	Sunday
February 3	5-7am	Tuesday
February 8	6-10am	Sunday
February 10	5-7am	Tuesday
February 15	6-10am	Sunday
February 17	5-7am	Tuesday
February 24	5-7am	Tuesday
March 1	6-10am	Sunday
March 3	5-7am	Tuesday
March 10	5-7am	Tuesday

These runs will be FREE to all club members and \$5 for non-members.

Need additional information?

Contact: Sherrie Mann at (269) 685-2064 or at Slmann@sbcglobal.net