

MEET & TRAIN

Summer 2010 Fun Run / Walk Thursday night Series

walk, jog, run



Open to over 16s of all fitness levels- beginners welcome

- o Walk or Jog- €5 entry fee (all proceeds support activity of host group)
- o Measured courses- check your pace over 4 distances
- o Secure parking available and light refreshments post-event
- o Registration opens each evening at 6:30pm sharp- **Run/Walk starts 7:30pm**

Stage 1	<i>Country Club Run</i>	July 8th	Contact-Rosemary 087-2586471
<u>5mile Run / 3 mile Walk</u>		<u>Register at The Country Club, Cratloe Rd,Caherdavin</u>	
Stage 2	<i>Southill Area Centre</i>	July 15th	Contact-Rosemary 087-2586471
<u>5km Run / Walk</u>		<u>Register at the Area Centre, Southill</u>	
Stage 3	<i>Dooneen AC Fit4Life</i>	August 5th	Contact-Rosemary 087-2586471
<u>4 mile Run/Walk</u>		<u>Register by Ambassador Dry Cleaners, Raheen Industrial Estate</u>	
Stage 4	<i>UL RowingClub</i>	August 26th	Contact-Rosemary 087-2586471
<u>6km Run/Walk</u>		<u>UL Boathouse- Final Event in Series</u>	

Spot Prizes and top finisher prizes for each Stage.

RSVP on Facebook- with limerickcity sportspartnership- to skip the queue on the night

Complete at least 3 of the 4 Stages to receive a specially designed quality technical Tshirt at the final event in the University Boathouse, Castletroy.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Supported by HSE Health Promotion and Limerick City Sports Partnership