



**COME JOIN:**

*Galloway Hammond Running Club*

**Capitol 10,000 training program!**

Registration Fee per month: \$20.00

The group will meet twice a week:

**Mondays at 9:00 a.m. and on Wednesdays at either 9:00 a.m. or  
6:00 p.m.**

**We will start Monday, February 8<sup>th</sup> at 9:00 a.m.**

This club is open to any skill level, even walkers.

We will start out running/walking for 20 minutes and slowly move our way  
up to an hour.

This is an opportunity to meet local runners/walkers, to help build up your  
endurance and to meet our main goal of running the **cap 10K** in Austin-  
**April 11, 2010!**

*For questions contact:*

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