



## **FREE Cloquet River Run Training Runs**



**The first 50 participants at the training runs will receive a FREE T-shirt courtesy of Gordy's Hi-Hat**

<b>FREE TRAINING RUN DATES</b>	<b>START LOCATIONS</b>
<b>Sunday, June 27 6:30PM</b>	<b>Gordy's Warming House</b>
<b>Sunday, July 11 6:30PM</b>	<b>Gordy's Warming House</b>
<b>Sunday, August 15 6:30PM</b>	<b>Gordy's Warming House</b>
<b>Wednesday, September 1 6:00 PM</b>	<b>Churchill Elementary School</b>
<b>Wednesday, September 8 6:00 PM</b>	<b>Churchill Elementary School</b>
<b>Wednesday, September 15 6:00 PM</b>	<b>Churchill Elementary School</b>
<b>RACE DATE</b>	
<b>Saturday, September 25 9:00AM</b>	<b>Cloquet River Run</b>

The 2.5 to 3.1 mile runs are meant to help you keep in shape throughout the summer and prepare for race day. You don't need to be registered for the Cloquet River Run to join the group. The **FREE** runs will follow the race course along the beautiful St. Louis River and will not be controlled or timed. All ages and skill levels are welcome. Runs will be cancelled due to inclement weather.

**For more information check out our website for race details and registration at [www.cloquetriverrun.com](http://www.cloquetriverrun.com) or follow us on Facebook: Cloquet River Run**