



Elmhurst Running Club, Inc.

The Elmhurst Running Club, Inc., is a local organization formed for the shared enjoyment of the sport. It is comprised of individuals of all athletic levels and open to all abilities.

Group run participation is flexible from occasional to three times weekly. Workout distance and pace is determined at each session. Training groups include speed sessions, marathon and multi-sport. Optional races/events of various lengths are group coordinated including a CARA competitive team. Organizers of the *Community Bank of Elmhurst 4 on the 4th*. Opportunities for occasional forest preserve and Hash House Harriers runs exist.

Social events include a newcomers run, family picnic, pre-marathon dinner/post-marathon party, and year-end awards party. Special fitness-related clinics are offered periodically. Newsletters are issued monthly during peak season.

New members are welcome at any time!

Where: Unless noted, group runs start at the gazebo on the Prairie Path at Spring Road in Elmhurst (see map below). Distances and route (e.g., bike path, streets, off-road trails) are determined at that time.

When: Year-round runs: Saturdays at 7:00 a.m.
Sundays at 7:00 a.m.

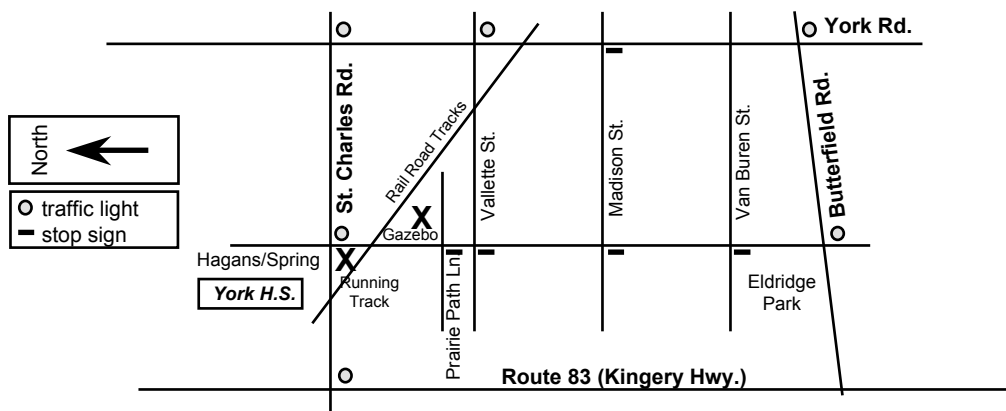
June-October runs:

Track workouts: Tuesdays at 6:30 p.m. (meet at gazebo)

Marathon training: Saturdays at 6:00 a.m.

Dues: Annually: \$15.00 individual / \$25.00 family

Contact: Phone: 630-941-0926 E-mail: info@elmhurst-runners.com
Online: www.elmhurst-runners.com



Membership application on reverse side.