St. Eugene CONGREGATION

ST MONICA PARISH

Going Out for a Run? Run with Us!

THE ST. SEBASTIAN SUNRISE RUNNER'S CLUB

Who? Men and Women of St. Eugene and St. Monica
(All participants must be at least 18 years old)

When? Every Other Saturday morning at 7:00 a.m.
STARTING OCTOBER 13TH.

Where? Meet in St. Eugene east Parking Lot at 7:00 a.m.

Why? Because running is good for your body, mind and spirit.

More Details:

-There will be a 5K and an 8K route. Maps will be provided - start & finish at SES.
-Dress for the weather and wear appropriate running gear.
-Participants must sign and return a release form prior to running.
-Bring plenty of water to hydrate yourself.
-Conact Adam D'Amato for more info: damats3180@gmail.com / 414-303-1866