

# NR MILE MATES RUN CLUB

Gather weekly with your community and running experts to train for the Cleveland Stache Dash 5k race in November. No running experience necessary! Participants get a t-shirt, personalized running schedule, and discount for the race.



**Sundays, July 28 - Oct. 27**

7:30 - 9 a.m.



**South Central Park**



**Register online at [bit.ly/NRMileMates](https://bit.ly/NRMileMates)**

\$120 resident, \$130 non-resident

