

# MONDAY NIGHT FUN RUN

presented by

Every Monday at 6 to 7:30pm  
3 to 6 miles



Starting December 5th and continuing in 2012 we are hosting a Monday PM run from **Run With Us** in Pasadena. This training will have pace leaders & support various pacers and courses from 7 to 11 min/mile. Afterwards typical race snacks will be provided and all participants will be entered in the monthly raffle for some great swag including free shoes & race entries.

Kick off the week the right way or come out and get in a post-weekend recovery run but either way make your way to **Run With Us** on Monday nights for another great training option !!

Location: **Run With Us**  
**235 North Lake Avenue**  
**Pasadena, CA 91101**  
**(626) 568-3331**

