



Do you need a goal to help you get into shape? Consider June 5, 2010 to be your day to thrive to show how hard you worked during these winter and upcoming spring months toward your goal.



You can walk - - you can jog - - you can run! The main thing is...
YOU CAN!

Sign up alone or better – with a friend for the St. Ambrose Run for the Relay – 5K or 1 Mile Fun Run on Saturday, 6/5/10. The 5K will start at 9:00 a.m. (registration/check in at BHS-8:00 a.m.) and the 1 Mile Fun Run will start at 10:00 a.m.



Your \$15.00 donation will secure your spot and registration prize. E-mail swhisler@roadrunner.com for more information or call 330-225-6962.



Think **NOW** how good you will feel **THEN** to reach a goal you set **TODAY!** Join us while making a stand against CANCER and funding research and prevention education. Don't hesitate, don't wait another day. Lace up those shoes and say you'll join us in June.

St. Ambrose



Run for the Relay
5K & 1 Mile Fun Run
Saturday, June 5, 2010
5K – 9:00 (Reg. 8:00 a.m.)
1 Mile Fun Run – 10:00
Call or e-mail today: 330-225-6962
swhisler@roadrunner.com