



Run Indoors With KAR



Are you tired of running outside in the cold and/or snow and ice? YES!
Then come run with the Kalamazoo Area Runners (KAR) on the indoor track at Western Michigan University's Read Fieldhouse.

2012 Schedule

Date	Time	Day of the Week
January 10	5-7am	Tuesday
January 17	5-7am	Tuesday
January 22	6-10am	Sunday
January 24	5-7am	Tuesday
January 31	5-7am	Tuesday
February 7	5-7am	Tuesday
February 12	6-10am	Sunday
February 14	5-7am	Tuesday
February 19	6-10am	Sunday
February 21	5-7am	Tuesday
February 29	5-7am	Wednesday
March 4	6-10am	Sunday
March 6	5-7am	Tuesday

These runs will be FREE to all club members and \$5 for non-members.

Need additional information?

Contact: Sherrie Mann at (269) 685-2064 or at slmann@sbcglobal.net