



**KALAMAZOO
AREA RUNNERS**

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.

2018 Schedule

Date	Time	Day of the Week
January 9	5am-7am	Tuesday
January 16	5am-7am	Tuesday
January 30	5am-7am	Tuesday
February 4	6am-9:30am	Sunday
February 13	5am-7am	Tuesday
February 18	6am-9:30am	Sunday
February 20	5am-7am	Tuesday
March 4	6am-9:30am	Sunday
March 18	6am-9:30am	Sunday
March 20	5am-7am	Tuesday
March 25	6am-9:30am	Sunday
March 27	5am-7am	Tuesday

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

Need additional information?
Contact: Linda Vaughan at (269) 271-5330 or
Linda.Vaughan@kalamazooarearunners.org