



# *Run Indoors With KAR*

Are you tired of running outside in the cold and/or snow and ice? YES!

Then come and run with the Kalamazoo Area Runners (KAR) on the indoor track at Western Michigan University's Read Fieldhouse.

## **2019 Schedule**

SUNDAYS		TUESDAYS	
DATE	TIME	DATE	TIME
		January 8	5:00am-7:00am
		January 15	5:00am-7:00am
January 20	6:00am-10:00am	January 22	5:00am-7:00am
		January 29	5:00am-7:00am
February 3	6:00am-10:00am	February 5	5:00am-7:00am
February 10	6:00am-10:00am	February 12	5:00am-7:00am
		February 19	5:00am-7:00am
		February 26	5:00am-7:00am
March 3	6:00am-10:00am		
March 10	6:00am-10:00am	March 12	5:00am-7:00am
March 17	6:00am-10:00am	March 19	5:00am-7:00am
March 24	6:00am-10:00am	March 26	5:00am-7:00am
March 31	6:00am-10:00am		

**These runs are FREE to all KAR members  
\$5 for non-members**

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