

Spring into Summer

Monday Night Runs

Join fellow runners (all paces welcome!!) to happily suffer together through Laramie's unpredictable spring weather while getting into shape for race season/summertime

- WHAT:** A variety of routes (stroller-friendly options included) and workouts will be offered to provide a perfect fit for everyone
- WHEN:** Each Monday night at 6:00 pm this spring
- WHERE:** A different park/location each week:
- | | |
|------|--|
| 3/7 | UW Campus - Center of Prexy's Pasture |
| 3/14 | La Bonte Park - Pavilion at 9 th & Sully |
| 3/21 | Optimist Park - Main Parking Lot |
| 3/28 | Washington Park - Band Stand at 18 th & Sheridan |
| 4/4 | La Prele Park - Parking Lot at 23 rd & Spring Creek |
| 4/11 | Rec Center - corner of Garfield & Boulder |
| 4/18 | Kiowa Park - Kiowa & Banock Drive |
| 4/25 | La Bonte Park - Pavilion at 9 th & Sully |
| 5/2 | Optimist Park - Main Parking Lot |
| 5/9 | Undine Park - 5 th & Steele |
| 5/16 | Washington Park - Band Stand at 18 th & Sheridan) |
| 5/23 | La Prele Park - Parking Lot at 23 rd & Spring Creek |
| 5/30 | Optimist Park - Main Parking Lot |

Hosted by High Plains Harriers. Visit highplainsharriers.org or on Facebook for more information.

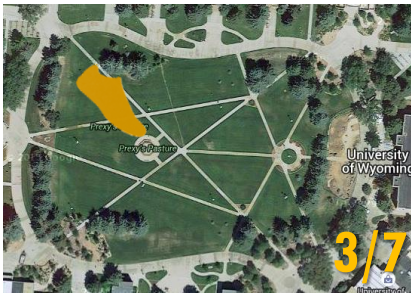




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LOCATION MAPS

UW Campus - Center of Prexy's Pasture



3/7

La Bonte Park - Pavilion at 9th & Sully



3/14 & 4/25

Optimist Park - Main Parking Lot



3/21 & 5/2 & 5/30

Washington Park - Band Stand at 18th & Sheridan



3/28 & 5/16

La Prele Park - Parking Lot at 23rd & Spring Creek



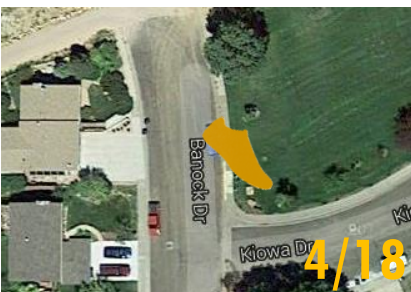
4/4 & 5/23

Rec Center - corner of Garfield & Boulder



4/11

Kiowa Park - Kiowa & Banock Drive



4/18

Undine Park - 5th & Steele



5/9

SCHEDULE

- 3/7 - UW Campus
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- 3/21 - Optimist Park
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