

**Need a running partner or looking for a little motivation after a long day? Join us Mondays and Wednesdays for a run around UB starting August 30<sup>th</sup>, 2010.**

**Monday Group Runs**

*Time:* 5:00 (promptly) - 6:00 PM

*Location:* Front of Alumni Arena, near CFA. We will then loop around the building to the Amherst Bike Path.

*Participants:* anyone who enjoys running

*Distance:* 3-8 miles (depends how fast you run)

*Description:* this is designed to be an informal way to meet other runners on campus and run with a group. Mileage is not determined.

*Cancelation and weather statement:* if no one shows up to run, we will not run. If there are thunderstorms, sub-zero degree weather, blizzard, ice or 5 feet of snow – we probably will not run!

**Wednesday Ladies Night**

*Time:* 5:00 (promptly) - 6:00 PM

*Location:* Front of Alumni Arena, near CFA. Ladies will then loop around the building to the Amherst Bike Path.

*Participants:* females who enjoy running

*Distance:* 3-5 miles

*Description:* this is designed to be an informal way to meet other runners on campus and to run with a group. Mileage is not determined. We will meet again at 6:00 PM for lower body toning (lunges, squats etc.) at the front of Alumni Arena.

*Cancelation and weather statement:* if no one shows up to run, we will not run. If there are thunderstorms, sub-zero degree weather, blizzard, ice or 5 feet of snow – we probably will not run!