

# September Series each Thursday



**Start time: 6:30 PM**  
**Sept. 2 - 5 miles**  
**Sept. 9 - 5 miles**  
**Sept. 16 - 4 miles**  
**Sept. 23 - 5 k**  
**Sept. 30 - 5 k**

**All runs start from the Carolina Ale House**  
**512 Creekside Drive, Raleigh, NC**  
**Parking in back of Carolina Ale House**

- Run the beautiful Capital Area Greenway.
- Four run distances — a new one each week.
- 5K option available each week.
- Drinks available, maybe food.
- Runs go on rain or shine, except in cases of lightning.
- Every week a post-run (non-sponsored) social at Carolina Ale House for those interested.
- Series party after the run on the final week — NCRC buys appetizers!
- Did we mention great door prizes?



For more info contact Barbara Latta, [nci1blatta@aol.com](mailto:nci1blatta@aol.com)

**Series sponsored by NCRC and Fleet Feet Stores**

