

The Runner's Soul Upcoming Events

July 6 Fun Run sponsored by Brooks also Smoothie Factory is coming with samples for all runners, food from Fresco's

July 16 York Dukes Spike Night with Nike for girls must RSVP for event

July 12 Polar Heart Rate Seminar - Lori Dunn-ACE certified trainer and Eric Bergamo-Polar Representative

July 19 Anne Lucas with Pure Harmony Massage

July 21 York Dukes Spike Night with Nike for boys must RSVP for event

July 26 Dave Mellish in the afternoon plus Anne Lucas with Pure Harmony Massage

August 3 Fun Run Post Rock N Roll Half Celebration sponsored by New Balance

August 26 Spike Night sponsored by Saucony for Timothy Christian and Immaculate Conception High Schools must RSVP for this event

August 27 Seminar on Nutrition by Dr. Jay Mohindra-a must for all runners- RSVP for event

September 3 Fun Run sponsored by Mizuno, taper for Oak Brook Half Marathon, pasta dinner

October 5 Fun Run sponsored by Nike

November 2 Fun Run sponsored by Adidas