


10 DAYS OF 10ks
MEND
 Hunger Relief Network

 July 12th - 21st, 2019

RUN FOR FUN AND A CAUSE!

These fun, casual, friendly group runs (walkers welcome!) will begin at a different location each day. Each course is a 5K loop, and the turns are marked. These events are NOT races! There are no bibs or timers.

Suggested donation is \$10. Donations of \$30 or more will receive a technical tee while supplies last.

For more info and to donate visit:
<https://mendnj.org/10-days-of-10ks/>

For full schedule visit our Facebook page.

DAY 1	7/12 - 6 AM HOST: Feed SOmany , Our Lady of Sorrows Food Pantry, SO	DAY 6	7/17 - 6 AM HOST: Allison Kalsched Personal Training , South Mountain Reservation Dog Park, SO
DAY 2	7/13 - 7 AM HOST: Will Run For Coffee , The Able Baker, MW	DAY 7	7/18 - 6 AM HOST: Sneaker Factory , Sneaker Factory, MB
DAY 3	7/14 - 7:30 AM HOST: MEND , Millburn Library, MB	DAY 8	7/19 6 AM RUN, 10 AM WALK HOST: Risa Olinsky , FreeWalkers , South Mountain Reservation Dog Park, SO
DAY 4	7/15 - 6 AM HOST: D&I Fitness , D&I Fitness, SO	DAY 9	7/20 - 7 AM HOST: Will Run For Coffee , The Able Baker, MW
DAY 5	7/16 - 6 AM HOST: Alison Headley TRlumph Coaching , West Orange Reservoir Boat House, WO	DAY 10	7/21 - 7:15 AM HOST: Laura Boll Peifer Wellness , West Orange Reservoir Boat House, WO

THANK YOU TO OUR SPONSORS



Kelly Ann Harris