



**PLAINFIELD RECREATION**

# **FUN Runs**

**& walks!**

**Every Tuesday**  
(June ~ July ~ August)

Plainfield High School Track

**6:00pm** 1/2 mile track (2 laps)

**6:15pm** 3 mile Cross Country Run or Walk

- Fun FREE and Healthy
- Jog, Walk or Run (but it is not a race!)
- All ages welcome from pre-school to active senior citizens
- Start slow and build up- see how you improve as you gain strength, confidence and endurance week by week
- Challenge your friends, family, siblings, spouses or parents
- Come and enjoy Plainfield High School's beautiful grounds

This program is run by volunteers. No one is to be dropped off and left at the program without transportation. Responsible person must be on site for all children who do not have their own transportation. This is in case of sudden change of weather or possible sudden change in schedule.

**Weekly sign-in required. Registration form required**  
**(signed by parent under 18)**

For Information:

Plainfield Recreation 564-1819

Brian Andstrom, Volunteer Coordinator 450-6534