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# WHAT THE HILL



## Superior YMCA 5K-10K Running Club Starts Feb 6th

**WHEN:** Wednesdays & Thursdays 5:30pm, Saturdays 8:30am

**WHERE:** Meet at the Y

**ABOUT:** The running club meets 3 times a week for 5 Weeks. Runners will train outside (weather permitting) or on the Y Track.

**MEMBER Fees: \$30 NON-MEMBERS Fees: \$50**  
Minimum of 8 Runners

All runners welcome, if your new to running or you are a seasoned veteran this group will provide you guidance, encouragement, and guarantee a fun workout!

**Nicole and Heather will help you fall in love with running!**

Contact Jen for more information: [jrosnau@superiorymca.org](mailto:jrosnau@superiorymca.org)

**SUPERIOR DOUGLAS COUNTY FAMILY YMCA**  
9 N 21st Street, Superior, WI 54880 715-392-5611 [www.superiorymca.org](http://www.superiorymca.org)