Summer Morning Trail Runs

Dates: May 13, June 10, July 8, Aug. 12, Sept. 9
Time: 7:15 am
Place: Waterfall Glen trailhead
(at Cass Ave. & Northgate Rd.)
Run: 4 miles
Walk: 2 miles

Please join us for exercise & socializing before work.

OJ & muffins at the finish.

All employees & their guests welcome.

Sponsored by the Argonne Running Club
http://chemistry.anl.gov/ARC/

Please post thru Sept. 9, 2003