



**Join us and let us
help you meet
your 2010
Fitness and Friendship Goals**

www.ConwayRunning.org

The Conway Running Club is more than a group of people who run in the dark every morning. **Much, much more.**

Visit our website and join our FACEBOOK Group. Better yet, join us in the Conway Regional Fitness Center parking lot any morning before the sun comes up (details on our website).

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JOIN US ON FACEBOOK