

Hi guys!

This past run was **hot**, but that didn't stop 25 of you from showing up. Thanks for running with us. A couple of folks enjoyed the run so much, they ran all the way to the beach and back. Okay, maybe that isn't the real reason they ran to the beach and back.

I hope to see each of you this evening and please remember to tip those folks that are waiting on all of us sweaty runners.

There is an upcoming race in Daphne for those who may be interested:

Jubilee Race for Life 5K and One Mile Fun Run

Olde Towne Daphne, Alabama

September 27, 2008 8:00 a.m.

Certified course, The North Face tech shirts and water bottles for first 250 registered runners, door prizes, unique awards, music, after race refreshments.

Web site: www.baysidemedicalmissions.com

email: jubileeraceforlife@gmail.com

If you elect to be excluded from the group e-mail messages, please respond to this message stating so.