

To ALL:

Thanks to those who ran Monday night. We had a nice breeze until the turn-around where it became stagnate for about a half mile.

Thanks to David Pierce for marking our run. You will notice the black spray paint markings each ½ mile.

Remember to tip your waiter/waitress well in order to bribe them to wait on a bunch of sweaty runners.

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