



## Schedule for the KRC Goats' Runs for October, 2009

*Join us for fitness, friendship and fresh air!*

<b>Date:</b>	<b>Area:</b>	<b>Meeting Place:</b>	<b>Suggested Routes:</b>	<b>Coffee/Breakfast:</b>
Oct. 3	Rutland	Specialty Bakery	Maps: Wed. Oct. 1	Specialty Bakery Finns Rd.
Oct. 10	Downtown	Memorial Arena parking lot	Maps: Wed. Oct. 7	Staccato's Coffee
Monday Oct. 12	** 8:00 am	Gyro Beach	North to Dolphins and back	Marmalade Cat Cafe
Oct. 17	Central	Bunches Bistro/Deli City Spall/Springfield	Maps: Wed. Oct. 14	Bunches Bistro
Oct. 24	East Kelowna	McCulloch Station Pub	Maps: Wed. Oct. 21	Bunkhouse Restaurant
Oct. 31	Downtown	Memorial Arena parking lot	Maps: Wed. Oct. 28	Bohemian Bagel

All runs start at **7:30 am** (except for runs on statutory holidays – they start at 8 am)

It is suggested that **runners try to stay together as a group for approximately the first 20 minutes** of the run. At that point, *please find runners of a similar pace to complete the route*. Anyone wishing to drop back and meet up with the slower runners is always welcome to do so, however, please do not feel obliged to do this.

**Enjoy the run at your own pace and meet back at the starting point at 9 am for coffee.**

If you would like to host a run from your home, please contact me a few weeks in advance. Or, if you have any suggestions for a new route or a possible venue for coffee, please let me know.

Contact: [karenmaguire@shaw.ca](mailto:karenmaguire@shaw.ca)

A reminder will be sent to runners every **Wednesday** prior to the weekend runs. Suggested routes (including maps), and location of coffee/breakfast will be indicated at that time. All information will also be posted on the Kelowna Running Club website.

All routes are simply suggestions, please adapt and change to meet your own training (or injury) needs. Small route maps will be available at the start of each run for new runners or anyone unsure of the area.