

**3rd Annual  
RUN FOR THE HEIGHTS**  
Tuscany Heights Elementary



**5K Run/Walk**  
Kids' Fun Run & Health Fair  
February 23, 2013

**Join a Neighborhood Running Group  
Get Ready to Run for the Heights  
Training Starts January 7 – February 23, 2013**

**Join any neighborhood group!**

Neighborhood Meeting Location	Day(s)	Time	Run/Walk Leaders
Mountain Lodge (Seven Winds Pool Parking Lot)	Mon & Wed	8:00 a.m.	Christina (210) 563-6011
Canyon Springs Park (inside Gated Entrance off Fairway Springs)	Monday	4:30 p.m.	Denise (210)870-0706 Maria (210)867-3834
Canyon Springs The Links (neighborhood entrance)	Tuesday	8:30 a.m.	Kelly (330)354-1587
Mountain Lodge (Seven Winds Pool Parking Lot)	Wed	4:30 p.m.	Shelley (253)820-6796
Canyon Springs (corner of Fairway Springs & Springside Drive)	Thurs	8:05 a.m.	WALKING GROUP Jill (210)310-5131 Kari (210)849-8670
NW Corner of Wilderness Oak & Canyon Golf	Saturdays	7:30 a.m.	Melissa (540)842-4652 Mindy (210)241-3178

- ✓ **All ages & experience levels are welcome! Bring the family!**
- ✓ **Follow-up Training Schedule provided by iRun**
- ✓ **Join the iRun Social Run every Wednesday departing 6:00 p.m. from the iRun Store @ 20079 Stone Oak Pkwy**
- ✓ **Participants assume all risks associated with participating in these running groups. Participants waive and release the organizers, THE, iRun, their representatives and successors, from all claims or liabilities of any kind arising out of participation.**

