

McGuire's Running Club

To all McGuire's Runners:

Drinks!

Good news. The drink specials now are available to runners who are seated at dinner tables. In the past, the drink specials were for runners in the bar area only. Now you can drink cheap at the tables!

Double Bridge Run

The running club will be helping out by manning (womanning?) a water stop. If you'd like to volunteer at the water stop, please email me your name, phone, and shirt size. Oh yeah, you get a cool shirt for helping out.

2009 Sweetheart 5k/10k Run/Walk

Sat. Feb 14th At 9am. Check out the attached flyer. The race is presented by L.A. Fleet Feet in Gulf Shores, Alabama.

2009 PRA Hog Wild Bus Trip

8 more seats available. Contact Randy Maygarden (rmaygarden@gmail.com) for reservations or details. Attached is more info...

Prediction Run Volunteers

Please click on the link on our website (www.mcguiresrunners.com) to volunteer for various activities for the prediction run. We will have a water stop and will be needed for pre and post race activities. You can also respond to this email.

Lot O Peeps!

We need some folks to help out with checking in the very large group of people that fill the parking lot before the run. Please help us out. Respond with contact info.



DISCLAIMER - This email was sent by Cousin Nathan, but the content provides contact information. Cousin Nathan may act like he knows everything, but the stated contact within the email message may be your best bet for information. If all else fails, Cousin Nathan will respond to your questions (usually with "I dunno", but you may get lucky).

EXCLUSION INFO - If you elect to be excluded from the McGuire's Runners group e-mail messages, please respond to this message stating so.

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Become a sponsor of the running club. We have several different sponsoring levels to choose from. Please contact us for more info:

cousin_nathan@mcguiresrunners.com

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