



MEN'S CLUB



Sunday, September 1, 2019

Buffalo Grove Fitness Center
601 W. Deerfield Parkway
Buffalo Grove, IL

Attention any and all Beth Judea runners and walkers of all ages!

Please join CBJ Men's Club (men and women) in a 10K run or a 5K run or walk at the Buffalo Grove Stampede on September 1, 2019.

As part of the FJMC Wellness Program, we urge all congregants to participate in this event at whichever level (running or walking) you feel comfortable. Our goal is to increase awareness of health and wellness issues to all members of Congregation Beth Judea.

Run with RUACH! You will need to register with the Buffalo Grove Park District at
<https://www.signmeup.com/site/online-event-registration/130665>

Race times: 10K Run – 5K Run – 5K Walk – 7:30 a.m.
Note: Day of race registration closes at 7:15 a.m.

For more information: bgparks.org/event/fall/stampede.aspx

We will meet in the driveway area just south of the entrance to the Fitness Center before and after the race.

This is a very well-run race and a lot of fun. Running/walking with fellow congregants will only heighten your experience.

If you plan on joining us, please contact the synagogue at 847-634-0777
or Sandy Victor email sandy_victor@hotmail.com