

5k Walk Run Manual



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Kids' Fun Run (under 8 yrs. old) 9:00 AM: 5K Race / Fitness Walk: GE 5k Road Race 2015, Sunday, July 19, 2015: 2015 Race Results: GE 5k Road Race 2015's Fundraising

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H-E-B 9-11 Memorial 5K Run/Walk RACE MANUAL Date: Saturday, Sept. 6th Location: Judson High School 9142 FM 78 Converse, TX 78109 Race Timeline

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Run Walk Run: It began in 1974. I was asked to teach a class in beginning running a few months after opening my specialty running store, Phidippides in 1973.

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