

# 4th Annual FREE Thanksgiving Run!

Served up in 4 courses!

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Each course (loop) starts & stops at the TAG.  
Start with the first course, and "run 'till you're full!"

1st Course: 1.1 miles > 5K  
2nd Course: 2 miles > 10K  
3rd Course: 3.1 miles > Half  
4th Course: 6.9 miles > Marathon

**We kick off with a 1/4-mile KIDS RUN at 7:30 am**  
**Check our Facebook Group at <http://j.mp/tdayrun>**  
**for course maps!**

Questions? Ask on our Facebook page at <http://j.mp/tdayrun>

Email [Roy@BodyChangeCoach.com](mailto:Roy@BodyChangeCoach.com)

or Call/Text Coach Roy at [920-644-5237](tel:920-644-5237)



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**FITNESS TRAINER**  
Weight Loss • Metabolism • Strength & Endurance  
"FITNESS: EVERYONE SHOULD GET IT."

**\*\* CANCELLED ONLY FOR RAIN \*\***  
**(so dress warm!)**