

www.glasa.org

## GLASA Ambulatory Running Clinic Saturday November 21, 2009 11:30 AM—1:00 PM

## FREE!!!

## Great Lakes Naval Base - building 4

(See map attached)

All levels of runners are welcome.

This is a running clinic for those athletes who are interested or

involved in competing in track events or road races.

Open to:

- Youth and Adult
- · Visually Impaired & Blind (guide runners provided)
  - . Amputees
  - Cerebral Palsy
    - Stroke/TBI

Please RSVP to Keri Schindler at (847) 283-0908 or kschindler@glasa.org





A program of Great Lakes Adaptive Sports Association



Great Lakes Naval Training Center - Google Maps

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