



Ladies! What do you want from a Running Club? Here's your chance to get what you want!

Forming now:

# Lady Striders

(Running club for women)

Let's be honest, we run for different reasons, and want different things in a running club than our male counterparts. Come to our organizational meeting and become a part of the area's first running club for women (a subsidiary of the Wyoming Valley Striders). Ideas that have been proposed include:

- \*Group runs/work-outs for all abilities
- \*Team participation in road races, marathons, tri-athalons
  - \*Mommy BOB Stroller runs
  - \*Mommy runs with babysitting
  - \*Mentoring youth
- \*Fitness, health and weight loss educational programs
  - \*Social activities

**We need your ideas and support!**

Please join us on **Tuesday, March 25<sup>th</sup>, 7:30 pm**

Trucksville United Methodist Church Dickson Educational Building  
40 Knob Hill Road, Trucksville (brick building a little past the church on the left on Church Rd., opposite side of 309 from Carverton Rd.)

Questions? Contact [Adams8PA@aol.com](mailto:Adams8PA@aol.com)