

Charities Challenge "Catch Me At Claddagh" Training Times gathers Sunday mornings @ 11 AM at The Claddagh Irish Pub & Restaurant - Maple Grove.
<http://www.claddaghirishpubs.com/maple-grove/>

Doors open at 11, for a chance to get ourselves ready for a start at 11:15 AM of optional certified distances: a mile, two miles or 5k run or race walk on our USATF certified course. Of course, you can run farther anytime, too.

We'll record times and report them as part of our ongoing CC Training Times. No entry fee!

I do recommend joining CC for an annual \$25 membership thereby getting lots of added values; but, CC membership is not required.
http://www.charitieschallenge.org/html/cc_membership.html

We'll be growing Catch Me At Claddagh through all the way through next spring. (Earlier CC Training Times will come when the sun rises earlier and temp's rise next May.)

Afterward we're welcome by our friends at the Claddagh to enjoy their special reduced happy hour prices. Claddagh loves us CC runners and walkers. And, we love them in return for their wonderful hospitality. Brilliant!

This will be a time to talk about our running and health/fitness goals, especially about joining our RxExercise Ambassador Team(s) including the one that will be training for the Dublin Rock 'n' Roll 1/2 Marathon in August. CC RxEx Ambassadors will get leadership in both training and fundraising that will allow CC to send our Team Members travel-expenses-paid to Ireland in August.
http://www.charitieschallenge.org/html/train_n_travel.html

So imagine training with families/friends for faster mile to 5k times at "Catch Me At Claddagh" and perhaps with a goal to going together to Ireland and beyond. By the bye, I've taken charities team to Ireland running events, plus touring Ireland afterward, six times; I'm an outstanding travel planner and tour guide to anyone who wants my assistance...going the distance.

Please RSVP with CC Coach GaryWestlund@aol.com or 612-245-9160 and tell your family/friends to e-mail their RSVP for "Catch Me At Claddagh" so I may look for every one of you @ 11 AM Sunday mornings. What a good time, and a recorded time, we'll each and all have together. Learn to invite others by saying, "Catch Me At Claddagh".