



Train for the Mt. Dora Four Miler, November 17th 2007

All paces welcome

When: Every Saturday starting September 29th

At: 8:00 A.M.

Where: Elizabeth Evans Park located at the South

End at Donnelly Street

Cost is \$50 dollars and includes:

- **The official T-Shirt**
- **Race Entry (\$20 value)**
- **Professional Training Schedule**
- **Organized Training Runs**

*Contact Coach Vickie at
352-638-4205
bikila60@embarqmail.com
Join our team!*

Order Form Title

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