



Carrick on Suir A.C. - Road Runners

in association with



Prestige Lighting

Fit4Life

**Meet & Train
Kildalton College
every Tuesday @ 7pm**

Information Night 29th March 2011

Your chance to

***Get fit *Start jogging**

***Train for your first 10K (Mini Marathon)**

***Prepare for the Carrick-on-Suir A.C. '3 Counties Challenge'**

*** Post Operation Transformation fitness regime**

OPEN TO ALL: BEGINNERS, WALKERS, JOGGERS, RUNNERS

Info Contact: Mark 086 1608165 or James 086 254 4150

