

Sub 5 Annual Membership Meeting – March 17, 2018

At CES, Inc, 465 South Main Street, Brewer

This year's annual meeting will feature a presentation on *Shoe Selection and Bio mechanics* by Tim Wakeland, Physical Therapist, and runner. We'll starting the morning with a group run, followed by a potluck/gear swap, presentation by Tim Wakeland, and a brief board meeting with elections.

Apprxomate as follows:

9am - Sub 5 Club run

* we expect options for several routes/distances will be available

11am - Potluck and new or nearly new gear swap

* potluck - bring a dish, snack, dessert... something to share

* gear swap - bring NEW OR GENTLY USED clothing, gear, shoes to swap with another runner. entry fee to give or receive is \$2, to benefit the Sub 5 scholarship fund.

1130am - Tim Wakeland, *Shoe Selection and Bio mechanics* presentation and opportunity for questions

12:15pm - brief Board meeting - Board elections

12:45pm - adjourn

Group run will meet at CES, Inc at 465 south Main Street at 9am. Meet at CES for the Annual meeting at 11am.

long may you run...