

# GOOD FOR THE SOLES

**\* CCC Running Club \***

Run. Be social. Find your pace.



Join us for our 30 Minute Group Runs!

April 27—June 17

Wednesdays @ 6 p.m.

Fridays @ 12:05 p.m.

Meet behind the CCC. Minors must have parental/adult supervision throughout the run. Beginner & intermediate plans will be available to train for the Buffalo Bills 50-Yard Finish 5k upon request.

Register in the Fitness Office or arrive early to your first run.

Cattaraugus Community Center  
12767 Route 438 \* Irving, NY 14081 \* (716) 532-8450

