



Happy 4th July weekend everyone!
Be safe running out in this hot weather. Don't forget to hydrate!



HAPPY FOURTH OF JULY RUN!

Beecher Freedom 5K Run/Walk is coming up on Monday, July 4th. Registration is open at

[\[https://runsignup\]\(https://runsignup/\).com/Race/Events/IL/Beecher/BeecherFreedom5kRunWalk](https://runsignup.com/Race/Events/IL/Beecher/BeecherFreedom5kRunWalk)

Start Time: 9:00am CDT

Price: \$25.00 Race Fee + \$2.50 SignUp Fee

Registration: Registration ends July 3, 2022 at 12:00pm CDT

JULY BIRYHDAYS



07/03 MorningSun Kelly 70

07/03 Taylor Harper 30

07/04 Symantha Huff 22

07/07 Leon Malone 92

07/08 Paul Surprenant 75

07/12 Paul DuFrain 28

07/13 Brenda Ravens 60

07/19 Ed Barber 62

07/19 John Vallone 65

07/20 Keagan Teeter 15

07/25 Melany Jacobson 35

07/30 John Bevis 59





[Running after surgery.](#)

[By Taylor Harper](#)

I will admit I was nervous - my first 5k after surgery. I was worried I wouldn't make it since I'm out of shape, and physically feel different than before. But it felt amazing to run with everyone again. I missed the feeling of running in a group, competing, seeing friends, being social. I was worried that this surgery would interfere with how I ran. But I did notice some improvement and felt honestly more comfortable running. I can't wait to do more. Glad that the Friendship Festival was my first 5k in months.



**AshleyCan Ashley
Elizabeth
Montgomery
Memorial 10K/5K Run
& 2 Mile Walk
Join us on 09/11/2022**

The PRICE for "The AshleyCan Ashley Elizabeth Memorial 10K Run/5K Run/2 Mile Walk", will be going up in 8 Days.

GET SIGNED UP BEFORE THE PRICE INCREASE!!!!

[Run link!](#)

Hare & Tortoise Race – Save the date 9/4/22 at 5:30 PM

The Herscher Hare & Tortoise 5K Run/2 Mile Walk & Kids' Dash will be on Sunday, 9/4/22 at 5:30 PM at the Herscher High School football field. This is the fourth race of the club's 2022 Classic Series. Online registration will be available by next week at <https://racerpal.com/races/herscher.html>

