



Join us for the

# **GLIRC**

## **December Trail Run**

*A great Sunday morning run through the*

## **SUFFOLK GREENBELT TRAIL**

**SUNDAY, DECEMBER 17TH**

**8:00AM**



## **Heckscher State Park (Parking Field #6)**

Over Hill, over Dale – on a **9 mile run** through the woods around Heckscher and Connetquot State Parks

**NO ENTRY FORM, NO ENTRY FEE, NO FRILLS**

**Just show up a few minutes before 8:00 AM ready to run**

For information (or inspiration!) call Mike or Linda  
At the GLIRC office – (516) 349-7646