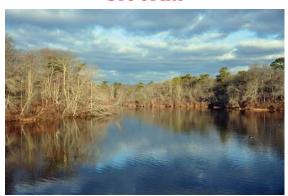


GLIRC December Trail Run

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