IN STEP™ PHYSICAL THERAPY & RUNNING CENTER "THE MOVEMENT SPECIALISTS"

RUN FOR A REASON

A series of Fun-Runs for the greater good!

Each month, from May through November 2013, InStep and a charitable organization will host a social fun-run & walk to raise money for that charity.

There is a $10 suggested donation to the charity hosting the event, with all money going to that organization. Some of the charities will be accepting goods or nonperishable food items. More information, including the specific location and details for each event, and a preview and profile for each charitable organization, will be provided each month in InStep's newsletter and on its website.

The events will start out of InStep's parking lot with a 5K run and 2-mile run/walk route available. Refreshments will be provided upon return. Please note that because these are fun-runs, and not timed or scored events, the routes are open to traffic so all traffic rules must be followed. Bring your families and friends and come join us for some fun in support of the greater good!

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2013 Schedule of Events

The first event will start at InStep-Franklin (6550 S. Lovers Lane Road, Franklin)
All other events will start at InStep-Third Ward (403 E. Buffalo Street, Milwaukee)

Date	Time	Organization
Saturday May 18	8:30 AM	Team Phoenix – Breast cancer survivor triathlon group
Saturday June 8	8:30 AM	Aurora Family Services
Saturday June 29	8:30 AM	Girls On The Run
Saturday July 13	8:30 AM	The Guest House of Milwaukee
Thursday Aug. 8	6:30 PM	The Jenny Crain Fund
Thursday Sept 12	6:00 PM	Wisconsin Alliance for Fire Safety – Summer camp for burn injured youth
Saturday Oct. 19	9:00 AM	Coats For Kids
Saturday Nov. 16	9:00 AM	Hunger Task Force
Saturday Nov. 23	9:00 AM	FM 102.1 Kramp & Adler's Kid's Wish Toy Drive

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