

GROUP FUN RUNS -- SCHEDULE ADDENDUM

Here are the addresses and telephone numbers of the hosts, along with some simple directions. An RSVP will help hosts plan how much food to buy; but if you wake up with an irresistible urge to run, come on out and join us anyway.

All runs begin at 9 AM. Again, a \$1/person donation is suggested to help defray the cost of food, beverages, towels, dirty carpets, etc.

- Nov. 24: George McIntyre - The "Verona Voyage". 857-2512. Meet: 32 Halsted Street, Verona. Dir: From Bloomfield Ave., take Lakeside Ave./ Pleasant Valley Way 1 block to Pease, left on Halsted.
- Dec. 1: David Ratajack - 743-3609. Meet: 40 Conger (Troy Towers), Bloomfield. Since Dave lives in a high-rise, meet at fountain between two towers, just off parking lot. Dave will provide shelter after the run. Dir: From Bloomfield Ave. turn south at International Pancake House onto Conger.
- Dec. 8: Norman Kallen. Great Flat Course -- see Florham Park like you've never seen it before! 377-3775. Meet: 250 Ridgedale Ave., R-6, Forham Park. Optional Meeting place at 8:40 Sharp: Essex Health & Racquet Club on Pleasant Valley Road in West Orange, where we will arrange car pooling. Norman lives 15 minutes from the Club -- is that at legal speed limit? Directions for those who want to drive: Pleasant Valley Way to Rte. I-280 West, Exit 4A for Eisenhower Parkway, Right on South Orange Ave., Right on Ridgedale Road. Balentare Green Condos -- announce yourself, then sharp left just inside gate and park.
- Dec. 15: Mark Neuman -- Culinary Wizard of Glen Ridge. 429-2504. Meet: 7 Alden Road, Glen Ridge. Dir: From Bloomfield Ave., take Ridgewood Ave. south to Washington Ave. Alden is 2nd street on left.
- Dec. 22: Craig & Lori Van Doren -- Beautiful UPPER Montclair. 746-2945. Meet: 9 Valley Place, Upper Montclair. Dir: Dead-end street off Valley Road, just a little north of Kings Supermarket, same side.

## UPCOMING RACES:

- Nov. 28: Glen Ridge Thanksgiving Day Turkey Trot - 10K. Very low-key race, mostly on Ridgewood Ave. Prizes only to first man and woman. Excellent pre-Thanksgiving dinner workout. Race is not highly publicized, but nice friendly gathering of local runners. Call Larry Hollander (744-5550 - Grove Pharmacy) for information on registration and starting time.

