

The Road Raiders are out and about in Bellefonte !!

The turn out for the Saturday runs have been averaging around 8 to ten people!! Now the weather will be changing more to spring and summer!! It would be nice to see other new faces come join the group!! No fee, No every Saturday requirement! , and NO pressure to do more then you are able.....there is always a way to go shorter or longer depending on your abilities....

Some are even running together during the week!!

Please don't feel like you couldn't keep up or I wouldn't fit in, because all are welcome to come join us....we do have different speeds in the group...if you want a slow short run there are those, if you want little more challenging and longer runs we also have those, then we do have those who are, well, somewhat fast!! But all the people have been very nice to meet and you really don't have to run alone this summer season.....I have seen a lot of runners in Bellefonte running alone...if you would like to meet new people and run with others, then this is the place for you to come!!!

It doesn't matter what your age or your abilities....we are planning to even do little trips to other close by neighborhoods to run together as a group via car pooling! Come out and explore the adventure with us!!

If you want to find out more about the Bellefonte Road Raiders, join our Yahoo! Discussion Group. Just get a Yahoo account, head over to http://sports.groups.yahoo.com/group/BellefonteRoadRaiders_NVRCgroup/ and join the group. Or email Christine at marie_marie1972@yahoo.com.

STARTING IN MAY WE WILL BE MEETING TO DO
WORKOUTS TOGETHER ON THURSDAYS AT 6PM
MEETING AT THE MIDDLE SCHOOL...IT'S NOT THE SAME
AS THE SATURDAY MORNING RUNS!! COME AN ENJOY
THE FUN!!