

Running is a great way to improve health, build confidence and feel great.



 **merican  
Red Cross**

**MAKE SOMEONE  
WHOLE AGAIN**

Without A, B & O, we can't save anybody. You are the #MissingType we need.

Help the Nittany Valley Running Club increase blood donations – make an appointment to donate soon, or at our Sept. 13 drive, and invite your friends to join you. Less than 3% of the population currently donates blood. Together, we can improve on that.



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Red Cross**

**WITHOUT A, B AND O,  
WE CAN'T SAVE ANYBODY.**  
Ask me how you can replace the missing blood types.

You can go to <https://www.redcrossblood.org/>, to select a drive. To ensure that you'll also be eligible to donate at the NVRC's Sept. 13 drive, select any upcoming drive up to and including July 19.

Thanks. YOU make a difference!