







For a map and prints of your own wednesday night run, either post the route to the TWH group or email to [cassiferr@gmail.com](mailto:cassiferr@gmail.com) by tuesday evening.  
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23rd January 2019 / Steve Cherry  
Born To Run

-  Long route: 5.0 miles
-  Turn right here for short route: 3.4 miles
-  Route on a path
-  Mile marker (for long route)

