



**RUN  
CLUB**  
#FiveRunFive

# SOCIAL RUNS

A PLACE FOR EVERY PACE

**WEEKLY** THURSDAYS 6:00 PM  
SATURDAYS 8:00 AM

**ALWAYS FREE! MEET AT FLEET FEET DES MOINES**

521 E. LOCUST DES MOINES, IA 50309 • FREE COVERED PARKING NEXT DOOR ON E 6TH

## DEMO RUN SCHEDULE : ONCE A MONTH - TRY THE BEST SHOES FROM TOP BRANDS

01.15  **KARHU**

04.16  **saucony**

07.16  **HOKA**

10.15 **BROOKS**

02.19  **MIZUNO**

05.21  **NIKE**

08.20  **asics**

11.19  **ALTRA**

03.26  **g**

06.18 

09.17  **B**  
new balance

12.17 **GARMIN.  
SUPERFEET**



FIRST DRINK IS FREE @ SINGLE SPEED BREWING CO. ON THURSDAY NIGHTS  
FOR MORE INFO ON RUN CLUB NIGHTS VISIT: [FleetFeetDesMoines.com](http://FleetFeetDesMoines.com)