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NEWS RELEASE – FOR IMMEDIATE RELEASE

Women CAN Run & Walk!

Registration Open for 40 Free Running/Walking Clinics Across State

Conway, Ark. (February 2, 2011) - Have you always wanted to walk or start running? Or would you like to become a faster runner and build endurance? Women Run Arkansas's 14th annual "Women Can Run/Walk" clinics will assist women of all levels reach their running and walking goals through training clinics hosted in 40 towns and cities across Arkansas.

Beginning the week of February 27, clinics will meet for 1 hour, twice a week for 10 weeks. During clinics, participants learn about the importance of proper gear, receive healthy training tips, and work together in beginner, intermediate and advanced groups to prepare for a 5K (3.1 miles) graduation event!

Last year Women Can Run Clinics offered team-accountability and camaraderie to over 4,000 busy women in 35 Arkansas towns. This year, Women Can Run Clinics will be the start of a healthy lifestyle that will benefit participants in 40 locations for years to come.

Women Can Run Clinics are 100% free to participants. All Clinic Directors and Leaders volunteer their time for the 10 week training period. A full clinic list, registration and more information can be found online at www.womenrunarkansas.net.

Women Can Run Clinic Details

The 14th annual Women Can Run clinics* will be held in:

City	Clinic Meeting Days	Clinic Location	Director(s)	Phone No.	E-mail Address
Alma/Mulberry	Mon 6 PM & Sat 9:30 AM	To be announced	Christie Burdick Stephanie Clardy	479-430-9015 479-430-0693	christielee7278@live.com moulinmom@hotmail.com
Arkadelphia	Mon, Thu 5:30 PM	To be announced	Virginia Anderson Emily Calhoun	870-245-6789 870-403-3603	anderson@apsd.K12.ar.us arkadelphiadance@hotmail.com
Batesville	Tue, Thu 5:30 PM & Sat TBA	To be announced	Ann Hambrick Sheila Smith	870-251-2010 870-698-0344	housecat40@yahoo.com sheilasmith29@suddenlink.net
Beebe	Tue & Thu 6:30 PM	Beebe HS Track	Debra Dace	501-472-2091	debradace@windstream.net
Benton	Mon & Wed (Time TBA)	To be announced	Joy Ballard	501-317-0620	joy@joyballard.com
Bentonville	Tue & Thu 5:30 PM	Bentonville Track	Tina James Ronda Downey	479-531-6821 479-871-0569	thejamesfive@cox.net rondadowney@sbcglobal.net
Blytheville	Mon & Thu 6 PM	Ark. NE College Campus	Connie Ash Angela Blankenship	870-740-1532	conniekayash@yahoo.com
Bryant	Tue & Sat (Time TBA)		Beth Cloud Cindy Garza	501-425-2537 501-352-9655	msbethcloud@yahoo.com cgarza@cbrpm.com
Cabot	Mon & Thu 6 PM	Cabot Admin. Bldg	Jane Gunter Vicki Ingram	501-259-0646 501-941-8715	itgunter@suddenlink.net vickiingram@suddenlink.net
Centerpoint	Mon & Thu 6:30 PM	Centerpoint HS Track	Anne Butcher	870-681-1648	annebutcher@windstream.net
Clarksville	Tue 5:30 PM, Sat 9 AM	Marvin Vinson Center	Pam Garland	479-885-0131	prgarland7654@aol.com
Clinton	Tue & Thu 6 PM	Clinton HS Track	Debbie Lawrence Ginger Morgan	501-745-8508 501-745-5348	fulhouse@clintoncable.net gmorgan@clintoncable.net

Conway	Mon, Thu 6 PM	UCA Track	Moe Schafer Jeanne Harvey	501-329-7572 501-472-2716	moe@conwaycorp.net harvola@wildblue.net
Crossett	Tue, Thu 5:15 PM	Crossett Track	Jennifer Johnson	870-500-2916	jenniferleighhill@hotmail.com
Fayetteville	Mon, Thu 5:30 PM	Vandergriff Elem. Track	Teresa French Suzanne Krumpelman	479-856-5528 479-871-3665	frenchisrunning@gmail.co skrumpelman@gmail.com
Floral	TBA	To be announced	Lindsey King		linzking06@gmail.com
Fort Smith	Mon, Thu (Time TBA)	Southside HS Track	Jodi Hein Erica Hill	479-217-0586 479-653-3510	jodi@homestylemercantile.com erica634@gmail.com
Greenbrier	Mon, Thu 6 PM	Greenbrier High Track	Eve Cooper Charissa Mode	501-472-0943 501-679-7328	eva.cooper@arkansas.gov charissamode@yahoo.com
Greers Ferry	Mon, Thu 5:30 PM	Devil's Fork Park	Cheryl Golden	501-206-7946	clgolden@netzero.net
Harrison	Tue 5:30 PM, Sat 9 AM	Lake Harrison	Mary Michels Christy Moore	870-577-3882 870-391-6055	michelsmary@yahoo.com christy.moore89@gmail.com
Heber Springs	Tue, Thu 6 PM	Heber Springs HS Track	Rebecca Lloftis	501-269-2992	rloftis2002@yahoo.com
Hope	Tue, Thu 5:30 PM	HS Track	Jodi Coffee	870-777-0545	jcoffee23@yahoo.com
Hot Springs	Mon, Thu 5:30 PM	Near Parkside Cycle	Carla Shelton		carla.1.shelton@altria.com
Hot Springs Village	Tue, Fri 8:00 AM	Christ of the Hill United	Jean Schooler	501-922-5249	jscanrun@sbcglobal.net
Jonesboro	Mon, Thu 6 PM	Ark State Univ	Amanda Herget Yalanda Young	870-926-1450 870-834-5067	acherget@hotmail.com yalanda.young@gmail.com
Little Rock	Mon, Thu 6 PM	J.A. Fair HS Track	Linda Fason	501-228-5544	linda.rfason@farmersagency.com
Lonoke	Tue, Thu 6 PM	Lonoke HS Track	Mary Poe	501-231-2869	maryjoepoe@aol.com
Magazine	TBA	To be announced	Deann Forst	479-849-5579	dforst@mag.ws.k12.ar.us
Maumelle	Mon, Thu 6 PM	Maumelle Lake Willastein	Karen Hayes	501-749-6332	walking.mermaid@hotmail.com
Morrilton	Tue, Thu 6 PM	Morrilton HS Track	Mary Eggart	501-733-6119	mdeggart@gmail.com
Mountain View	Tue, Thu 6 PM	Mt. View HS Track	Kathy Lovenstein Anjee Maynard	870-269-6649 870-269-3321	lovenstein@hotmail.com retrovin@yahoo.com
North Little Rock	Mon, Thu 5:30 PM	To be announced	Melissa Thompson	501-681-8399	robmel0127@yahoo.com
Paragould	Mon, Thu 6 PM	Paragould Community Ctr	Cindi Earls	870-565-7793	cindiearls@gmail.com
Paris	Mon, Thu (Time TBA)	Paris HS Track	Karen Binz Erika Barnett	479-438-0090 479-438-3733	binz2544@centurytel.net ebarnett@parisschools.org
Rose Bud	Thu 6 PM, Sun 2 PM	Rose Bud HS	Jessi Harrison Jessica Gorham	501-827-7302 501-556-2473	rosebudrunning@gmail.com gorham0617@hotmail.com
Russellville	Wed 5:30 PM, Sat 7 AM	To be announced	Amy Smith Kim Head	479-857-0655 479-264-7661 C 479-967-8583	amy@sigmacoaching.com wmenrunrussellville@hotmail.com kim@leftbrainmedia.com kimberlydwood@suddenlink.net
Sherwood	Mon, Thu 6 PM	Sylvan Hills High	Phylinthia Givens	501-944-6179	phylinthia.givens@sbcglobal.net
Subiaco	Tue 6 PM, Sat 9 AM	Subiaco Academy Track	Geneva Dietz Tina Zimmer	479-518-0316 479-264-3433	gdietz@starkmfg.com tzimmer@starkmfg.com
Vilonia	Mon, Thu 6:30 PM	Vilonia HS Track	Janet Curtis Marlene Guyer	501-730-4157 501-796-2474	4scooby@windstream.net
Yellville	Tue 5:30 PM, Sat 9 AM	Yellville Park	Valerie Shipman Amy Still	870-404-4464 870-688-0621	vjackson8689@yahoo.com valerie.shipman@arkansas.gov amy.still@1stservicebankc.com

*A complete & up-to-date list of clinics & directors can be found at www.womenrunarkansas.net.

About Women Can Run/Walk Pasta Party & 5K Graduation Event

The Women Can Run/Walk Pasta Party is a pre-celebration for all race participants and guests. Lorraine Moller, Olympic marathon medalist and New Zealand native, will serve as Guest Speaker. Reservations are \$20.

The Women Can Run/Walk 5K graduation event is a women only 3.1 mile course that will take place on Saturday, May 7 with entry levels for clinic participants, open registration, and mother/daughter teams. The \$20 registration fee for the 5K graduation event includes a T-Shirt and other goodies and helps cover the expense of Women Can

Run/Walk clinics and 5K event. A portion of every entry fee is donated to a charitable organization of the club's choice.

Discounted Pasta Party reservations and 5K graduation event entry fees are available with Women Run Arkansas membership through March 31.

About Women Run Arkansas Running/Walking Club

The Women Run Arkansas Running/Walking Club is a RRCA (Road Runners Club of America) club and is dedicated to promoting healthy living among women through running and walking activities. Additional information is available at www.womenrunarkansas.net.

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