



7th Annual UO Homecoming

Duck Dash & Walk

5K Run, Walk & Wheelchair

Saturday, Nov. 5, 8:30 am



Join us for the 7th Annual UO Homecoming Duck Dash 5K Run, Walk and Wheelchair race starting at Hayward Field on Saturday, Nov. 5, starting at 8:30 am. This race is sponsored in part by the Eugene Running Company and produced by the University of Oregon's School of Law. It is open to everyone.

The Duck Dash & Walk is a memorial run in remembrance of Thomas Foster III who was a third-year University of Oregon School of Law student at the time of his death in 1999. Proceeds benefit the Tom Foster Scholarship Fund at the law school.

Registration and race route information is available at www.goodrace.com.

Join us for our running groups

Walking groups begin in the new year

The Eugene Running Company offers weekly group runs and walks at your pace and comfort level and offers free coaching at our beginner group runs.

- Monday, 6 pm – Monday Night Run: We host groups of all paces running 3, 5, or 7 miles. Join us at Tracktown Pizza after the first Monday Night Run of each month!
- Tuesday, 6 pm – Beginners' Group Run: Runners receive individualized coaching as they grow in the sport. Through a gentle mix of running and walking, beginning runners gradually and comfortably progress to the point where they can run without stopping for 30 minutes.
- Sunday, 9 am – Community Run. Runners of all abilities are encouraged to meet for this informal, flexible run.
- Walking groups – Begin in the new year!

SPORTHILL

SportHill's 20th anniversary on Sunday, Nov. 6

The Eugene Running Company will celebrate SportHill's 20th Anniversary with a birthday bash at the Oakway Center store on Sunday, Nov. 6. The celebration will feature prizes, a special running clinic and exciting deals on the newest SportHill apparel.

- 9 am – Free community fun run. Register to win SportHill prizes. Free refreshments.
- 10:30 am – Free SportHill clinic on dressing for winter running.
- 11:30 am – "Oldest SportHill Gear Contest." Prizes for 1st, 2nd and 3rd place!
- 12 pm – Birthday cake and meet SportHill founder, Jim Hill.



116 OAKWAY CENTER
NEXT TO CAFÉ YUMM!

541.344.6399