

NEXT ADVENTURE OUTLET

DOUBLE DOWN SALE

THIS WEEK ONLY!

20% OFF

YOUR ENTIRE PURCHASE
THROUGH SUNDAY!

STUDENTS!

BRING IN YOUR
STUDENT BODY CARD
FOR AN EXTRA

10% OFF

NEW LOCATION!

1055 BAILEY HILL ROAD

On the corner of West 11th and Bailey Hill In the Lowe's parking lot.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER WE CAN



Training & Support Group for Novice and Intermediate Runners
to Run the Eugene Marathon or Half Marathon May 1, 2011

Have you ever dreamed of running a half marathon, but thought you could never do it on your own? Or are you an intermediate runner (able to run for 1 hour) who is wanting a group to train for the full marathon? If so, this could be right for you.

FREE Marathon Support group for YMCA Members!

You'll receive:

- Weekly one-on-one coaching
- Weekly group runs / training sessions
- Regular Informational Seminars, on topics including: equipment, injury prevention, running techniques, mechanics, motivation and psychological issues
- Personalized training techniques

Attend one of our Meet & Greet times to see if this group is right for you:

Thursday, Jan. 20 @6:30PM

Friday, Jan. 21 @6:30PM

Saturday, Jan. 22 @ 11AM

Sunday, Jan. 23 @ 2PM

Location: Eugene Family YMCA (Beck Center Room), 2055 Patterson St., 686-9622

EUGENE FAMILY YMCA
2055 Patterson, Eugene OR 97405
541 686 9622 www.eugeneymca.org



\$1.99

\$2.59

What's your New Year's resolution Chocolate or fat free?

This month Dari Mart's focused on your New Year's resolutions. Have your Lochmead milk just the way you want it. A half-gallon of chocolate 2% milk is only \$1.99. Or, pick up a gallon of fat-free milk for just \$2.59. Remember, our family's Lochmead milk is delivered to our stores within 48 hours of milking the cow. It's simply the freshest in town.

Come see us soon!



DARI MART

Our family's best.