

**PATENT RUN 2007: only 10 weeks to go**  
**Get ready with Run 4 Fun programme**



This year, the famous Patent Run will take place on Thursday the 21st of June. This gives you just 10 weeks to get in shape for one of the major events of the Amicale's festivity week.

Run4Fun is a "user-friendly" running programme suited for everyone whatever your fitness level. Everybody is welcome and adapted training schedules are proposed to all participants. All you need is a good pair of running shoes and a large smile on your face ^\_^

**When:**

- 2 open training sessions for everyone, **Thursdays at 12.00** (one animated by Wim van Klompenburg, the other by Jan Gabriels).
- 2 training sessions for women, animated by Cécile Vanier, **Wednesdays and Fridays at 12.00.**

**Where?**

- Meeting point: the EPO sport centre
- We go out whatever the weather!

**Interested?**

Please contact Cécile ([cvanier@epo.org](mailto:cvanier@epo.org)), Wim ([wvklompenburg@epo.org](mailto:wvklompenburg@epo.org)) or Jan ([jgabriels@epo.org](mailto:jgabriels@epo.org)) for any question.

**See the Amicale website: <http://amicale/amicale>**

Here is a gentle reminder from "The Other Half" and the "Amicale": don't forget to bring the flyer home and share the information with your partner.