

Run St. Michaels *Unleashed*



Official Charity of the 2014 St. Michaels Running Festival



St. Michaels Running Festival

May 17, 2014

For more information:

12/10, New to running? *Come out for our free 10-week "couch to 5K" program, 7 a.m. @ Idlewild Park*

2/13, Unleashed Registration Open House @ Talbot Humane: *Meet the coaches, learn about the program, register for the team, and pick up training materials, 6-8 p.m.*

2/22, First Day of Training: *13-week run:walk training program begins at 7 a.m. @ Idlewild Park*

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Run for Talbot Humane

Talbot Humane has been helping animals in Talbot County, Maryland, since 1932. For over 80 years, our goals have been:

- ❖ To rescue animals from neglect
- ❖ To place companion animals into loving homes
- ❖ To reunite lost pets with their owners
- ❖ To reduce pet overpopulation through aggressive spay and neuter programs

About Unleashed

Unleashed is a team that trains for marathons and half marathons while raising much-needed funds for the important work Talbot Humane does within our community.

The training program is fully supportive and noncompetitive. We look out for one another on and off the trail. Coaches make sure you train safely; fellow team mates make sure you have fun.