



Sponsored by WCA Center For Orthopedics, Sports Medicine & Rehabilitation

The Chautauqua Striders Runner of the Year is a year-long grand prix style running competition designed to determine the top adult distance runners in Chautauqua County. During the year, runners accumulate points in selected Chautauqua County races. Standings will be posted on our website.

CHAUTAUQUA STRIDERS Running & Walking Club

The mission of the Chautauqua Striders Running & Walking Club is to encourage and promote life long fitness through running & walking. More information is available on our website.



Personal Best 5K Training Program

Chautauqua Striders will offer a six-week training program to help runners improve their 5K time and “personal best.” Chautauqua Striders’ coaching staff will incorporate both tempo and speed work as well as individual training programs to help runners finish 2011 with a fast 5K. Contact David Reinhardt at 488-2203 ext 230 or david@chautauqua-striders.org for more information.

DF5K Course Practice Runs

Join us on the following days/times to run the course and practice for the 2011 Daniel Feather Memorial 5K.

Wednesday Evenings at 6:00 p.m.
August 10, 17, 24, & 31

Saturday Mornings at 9:00 a.m.
August 13, 20, & 27



After the race join us at Bergman Park for the
Labor Day Festival
Food & Entertainment Fireworks at Dusk

101 East Fourth Street
Jamestown, NY 14701



CHAUTAUQUA STRIDERS

Daniel Feather Memorial 5 K Run 5 K Walk Fun Run

Sunday, September 4, 2011

Bergman Park, Jamestown, New York

This race is a benefit for Chautauqua Striders
and the Daniel Feather Memorial Scholarship.



Jamestown cycle shop

The Legend Group®

www.chautauqua-striders.org

