

## Fun Run Group

**THE HUFFERS & PUFFERS** The Huffers and Puffers fun run group is for everyone, including walkers. The group originated in 1996 when Dr. Wayne Coleman, a local chiropractor, wanted people to run with and where a good attitude was more important than speed. The fun runs are free, just show up and you'll have a good time.

Tuesday

6:30pm Summer Track Time. Dirt track at Pleasanton Middle school, corner of Case Ave and Bernal. All levels welcome.

Wednesday

6:30pm flat course starting from Hands On Chiropractic (5737 Valley Ave) 3.5 to 6 miles

Saturday  
9:00am from Fleet Feet Sports store, 2.7 to 8 miles depending on course chosen for that week. This is the largest of the three groups and includes walkers and runners.