

# Hoboken Harriers

## About the club...

The Hoboken Harriers Running Club, founded in 1988, is a diverse group of runners and joggers from in and around Hoboken, New Jersey. The Club, known as the HOHAs, provides runners with camaraderie and support as well as a social component through sponsoring various social and charitable events annually. Runners of all abilities are welcome - please visit our website at [www.hoha.net](http://www.hoha.net) if you would like more information about the club.

The Hoboken Harriers running club conducts runs six days a week, with the most popular runs on Monday, Tuesday, and Thursday nights. Consult our schedule, and feel free to come & run with us. We do recommend that you attend a Tuesday night run for your first run with the Club. We have runners of all ages and abilities.

## When we run

DAY	TIME	DISTANCE	LOCATION
MON	7:40 PM	4 miles	4th & Park
TUE	8:10 PM	2.5 miles	13th & Wash.
WED	Contact Us		Track/Intervals
THU	7:40 PM	5 miles	Fleet Feet (604 Wash.)
SAT	9:10 AM	6-9 miles	Fleet Feet (604 Wash.)
SUN	Contact Us		8th & Park

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**Join us by bringing this and \$10 to any of the above listed runs:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

email \_\_\_\_\_

phone \_\_\_\_\_