



Moving ME Forward is a local 501(c)(3) organization whose vision is to be a cultivator of social change in the area of health and fitness within our Maine communities.

To facilitate achieving this vision, Moving ME Forward has partnered



with Bates College to provide community access to the Merrill Indoor Gymnasium! We believe that this unparalleled access will allow community members to continue to safely work on their health and fitness goals throughout the fall, winter and early spring months.

The Merrill Indoor Gymnasium houses a 200-meter, six-lane Mondo Super-X track and four tennis courts, all newly resurfaced in 2008. The building also houses the eight-lane, 25-meter-long Tarbell Pool, with one- and three-meter diving boards.

Moving ME Forward
RUNNING CLUB

For more information see Moving ME Forward Website for club workout locations and times.
movingMEforward.org

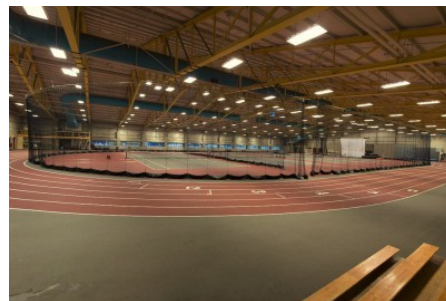
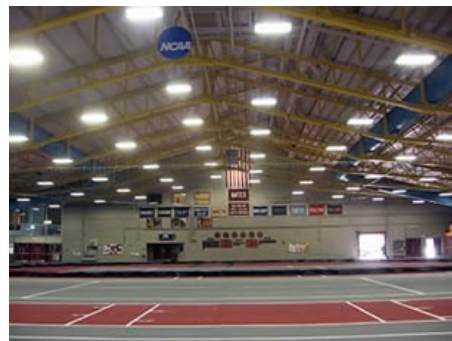
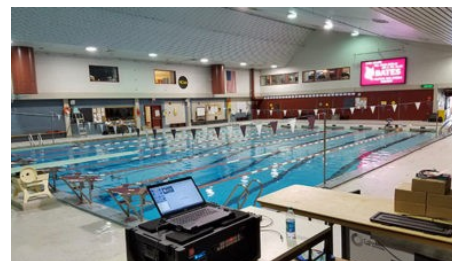
Get Fit & Give Back! Join a running club that gives back to your community!
Open to runners and walkers of all ages & skill levels

Your annual Membership will be donated directly to Moving ME Forward
MovingMeForward.org

Your \$50 Membership includes:

- 48-week group training program with
 - Bob Brainerd
 - Sneaker Evaluation & Gait Analysis
 - RRCA Membership - NEW!
 - \$25 voucher toward your team gear - 1st time members only!
 - Monthly 5K Fun Run - location to be determined
 - Annual end of year Club Celebration Event w/race

runsignup.com/Club/ME/Auburn/MovingMEForward



Register @ RunSignUp:

<https://runsignup.com/Club/ME/Lewiston/MovingMEForwardFitnessFriendsBates>