

May the Forest Be with You

**We are Joining Forces
& Hitting the Trails**

**Charlotte
Running
Co.**
EST. 2000



**MTN. ISLAND
FITNESS**

**Sunday, May 16th, 1:30 PM
Latta Nature Preserve**



**Meet at the Piedmont Prairie Trail Head
Via the North Canoe Access Road
Hiking Boots/Trail Shoes Suggested
Allow Approximately 2 Hours
Rsvp: Text Minta @ 980.322.6461
Rain Date TBD**