

Irish Snug

5k Running Club

(You can run, trot, walk, stagger or crawl!)

2 Runs Every Thursday!

Runs leave at 6.15pm & 6.30pm

Free pasta & salad buffet after the run.

€3 Miller light, Guinness, Tinker Ale & 5 Lamps lager



Visit www.IrishSnugRunners.com for more details!

Register Online or at the Irish Snug Thursdays at 6pm

Runners get a FREE wicking running shirt after 10 runs!