



Our Mission

The mission of 84 Runners is to promote health and fitness through running and walking in the communities around Highway 84. This mission will be accomplished through training runs/walks, events, and races.

Launch date Saturday, May 6th at First Woodway, 8 a.m.

We will meet to run twice a month, the first and third Saturday of the month. Next date will be May 20th.

- 84 Runners is a running club is to encourage runners in their fitness goals and promote the healthful benefits of running.
- 84 Runners hopes to gain in interest and attendance to become a registered membership running club.
- 84 Runners will be looking for a few sponsors to support our club and a healthful lifestyle.
- 84 Runners hopes to host running and health clinics.
- 84 Runners will organize and host a local running event.
- 84 Runners will promote and support other running events in our area.

Running and Walking - Rules of the Road

Walkers and runners must always practice safety first when training near traffic! The first four of these are Texas laws.

1. Please always walk/run ***facing*** oncoming traffic.
2. Always stay on the sidewalk when one is available.
3. If there is no sidewalk, always stay near the ***left*** side of the road in ***single file***.
4. Do not cross intersections ignoring street lights.
5. Always watch for traffic in all directions - vehicles are bigger and danger is ever present.
6. Light colored clothing is always recommended.
7. On cloudy days or at night, wear/use reflective gear - front and back.
8. It is recommended you run/walk with a training partner or a group.
9. If you use an MP3 player, remember you need to be able to hear traffic, angry animals, etc.
10. First and foremost - Safety First! It could save your life.

Come and be a part of this new running club in our community and invite a friend to join you!

For more information, contact René Maciel at rmaciel@firstwoodway.org