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RE: www.crotonapark5k.com

Dear Neighbor:

I am happy to introduce Crotona Park 5K to you. Established in 2014, Crotona Park 5K is the premier running club in the Bronx.

In addition to Saturday and Sunday running events, we will host a number of other fitness events, including our already scheduled yoga classes.

Our members benefit from real-time SMS running tips and event notices, member discounts from sporting goods stores and other businesses, expert-led workshops, networking and knowledge sharing among members, and a host of other benefits.

We invite you to visit our website (www.crotonapark5k.com), to take advantage of this free service to improve your health and overall quality of life.

Join us today to reduce stress, control weight, strengthen muscles and bones, improve cardiovascular health, reverse type 2 diabetes, and more.

EXERCISE AS NATURE INTENDED – RUN!

Sincerely,

Abiodun Bello

Abiodun Bello
Director,
Crotona Park 5K