

A woman wearing a light blue knit beanie, a bright pink long-sleeved top, black leggings, and black gloves is running through a snowy landscape. She is captured in profile, moving from left to right. The background shows blurred trees and a bright, overcast sky. A dark blue diagonal banner is overlaid across the middle of the image.

**YOU ARE CRAZY!**

(A runner's favorite compliment)

**RUN  HAVEN**

I DON'T STOP WHEN I'M


**TIRED**

I ONLY STOP WHEN I'M

**DONE**

-MARILYN MONROE

RUN  HAVEN



BEFORE EVERY **RUN** IS A **RACE**  
BETWEEN YOUR **MIND** AND AN **EXCUSE.**

**WIN IT**

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RUN  HAVEN

A silhouette of a person running on a beach at sunset. The sun is low on the horizon, creating a warm, golden glow. The runner is in mid-stride, with their right leg forward and left leg back. The background shows the ocean waves and the sky.

A JOURNEY OF  
**A THOUSAND MILES**

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BEGINS WITH  
**A SINGLE STEP**

-LAO TZU

RUN  HAVEN





THIS IS MY  
GYM

RUN  HAVEN

Running teaches me that  
**I am capable of so much more**  
than I ever imagined.



RUN  HAVEN

A person with a backpack is running on a mountain trail, viewed from behind. The person is wearing a blue tank top, white shorts, and a backpack. The background shows a mountain range under a blue sky with some clouds. The text "EMBRACE THE" is centered above the word "SUCK!".

EMBRACE THE

**SUCK!**


RUN  HAVEN

When my **body** is fit and strong,

**my mind** is fitter and stronger, too.



-NICOLE DEBOOM

RUN  HAVEN





The runner who **starts** the race is not  
the same runner who **finishes** the race.

RUN  HAVEN

GO THE EXTRA MILE.  
IT'S NEVER CROWDED.



RUN  HAVEN

A man wearing a blue puffer jacket, grey pants, a black beanie, and gloves is running on a paved road. The road is partially covered in snow, and the background shows a snowy landscape with bare trees under a blue sky with light clouds. The overall scene is in winter.

I DIDN'T COME THIS FAR  
**TO ONLY COME THIS FAR**

RUN  HAVEN

A male runner in an orange t-shirt and black shorts is in a starting crouch on a track. The background shows a clear sky and some stadium lights. The text is overlaid on the image.

THE ONLY WAY TO FINISH IS TO

**START**

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RUN  HAVEN