



June 1, 2016

Dear _____ :

By the power vested in me as Mayor of Running, I hereby excuse
_____ from work/school/anything else for as long as it takes
to complete a run on Global Running Day, Wednesday, June 1.

Please know that _____ will be much more productive and
pleasant after running. Endorphins are real, baby!

Thank you for excusing _____ .

Best,

Bart Yasso

Bart Yasso
Mayor of Running and Chief Running Officer,
RUNNER'S WORLD

P.S. Oh and by the way, maybe you'd like to go for a run too?

DISCLAIMER Runner's World cannot be held responsible for employees/students who do not shower
after running, nor any funk emanating from gym bags, shoes, running shorts, or armpits on this day.