

AdventureHere Presents: World Run Day!!



Celebrate the sport of running with other runners in your area, and with runners internationally, on **World Run Day: Sunday, November 11, 2007!!** AdventureHere is creating a team of 10 kids to train for, and complete, a 5 k run around Rail Head Park.

Instructions:

If you are ages 6-12, like to run, and can commit to 4 training runs, then you should register!! Please mail a check for \$25, made payable to Angela Martin. Include your name, address and t-shirt size (options are: youth small or large). We will post our results and photos after the event on www.active.com.

Once you're registered you'll receive:

A World Run Day 2007 event t-shirt
A Bib Number
A Running Log

Practice runs:

Thursday, October 18th and 25th - November 1st and 8th, from 3:30 to 4pm at Skyridge Elementary School, upper field. Bring your running shoes and some water.



AdventureHere

Angela Martin
670 Auburn Folsom Rd.
Suite 106 #313
Auburn, CA 95603

Phone 415.250.2600 - Email fitness@adventurehere.com