



Trek the Trace is Back!!!

A Predict-Your-Time Fun Run Event!!!!

A Gran Prix Event and also part of the 12 week training program.

No matter how slow or fast you run 2 miles in this flat course, the runner closest to the predicted time will be the winner.

Bring your kids, all ages allowed (including strollers) for a 1/2 mile run. Each kid gets a prize at the finish line.

Place: USM Gateway Longleaf Trace

Date: Tuesday August 11th, 2009

Time: 6:00 P.M.

**Distance: 2 Miles Adults
1/2 Mile kids**



No Entry FEE!!!

Nice prize for the winner

DON'T FORGET BRING YOUR POTLUCK DISH TO SHARE WITH ALL THE OTHER RUNNERS.