

Muncie Summer Runs 2010



Training for middle school or high school cross country or soccer? Or just trying to get in shape this summer?

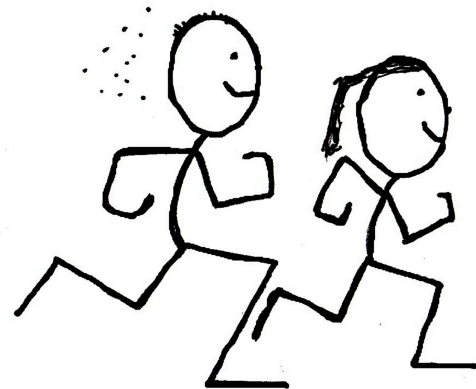
Come out for the Muncie Summer Runs
on **Monday nights in July (6:30 p.m.)**.

Location: Westside Park
(Tillotson ave. / White River Blvd.)

No entry fees or awards. The Muncie
Summer Runs are designed as training
runs for runners of all ages and abilities.

*Donations to Cardinal Greenways
accepted. Donations support our green-
ways development and maintenance.*

When	Distance
(6:30 p.m.)	
July 5th	2 miles
July 12th	3 miles
July 19th	3 miles
July 26th	2 miles



**All runners must sign liability waiver
for entry into Muncie Summer Runs**
(Under 18 - liability form must be signed by parent
or guardian.)

*The Muncie Summers Runs are ran on the rolling
White River Greenway in sometimes hot, humid,
windy or rainy conditions. All participants assume
responsibility to prepare themselves physically and
mentally for the runs.*

Runs are hosted by Cardinal Greenways.

*Thanks to Muncie Parks Department for supporting
the Muncie Summer Runs.*

Come out and have fun running the White River Greenway

For the latest information and local race calendar / results go to:

www.irunmuncie.com