



## 2019 Summer Sizzler

### Sponsored by Blue Springs Runners

Come join us for a series of delightful runs on the Little Blue Trace. The trail is chat (fine gravel), easy on the knees and super flat!!!

Dates: May 11

JUNE: 8

JULY: 13

AUGUST: 10

Time: 7:00 am

Place: Little Blue Trace. We will be starting at the trail access just off of Little Blue Parkway (**take I-70 to Little Blue Parkway exit.**) Parking is on the West side of Little Blue Parkway behind Saints.

Runs: We will be running on marked trails. There are mile markers at every mile. You can run as little as 2 miles, or as much as 22 miles.

Support: Water will be on the course, and watermelon and treats at the finish.



NAME \_\_\_\_\_ PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDR. \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE BORN: \_\_\_\_\_

**FEE:** \$10.00 made payable to the Blue Springs Runners. Optional Club Dues \$15 individual, \$20 family.

Mail to the Blue Springs Runners, Box 751, Blue Springs, MO 64013.

For Questions phone Bob and Sara Risser will coordinate the series 816-632-7340, [rdrisser@centurytel.net](mailto:rdrisser@centurytel.net)