



# 2014 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: JUNE: 7, 21  
JULY: 5, 19  
AUGUST: 2, 16

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 (formerly O'Charlies.)

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.

Prize: A Blue Springs logoed hat.



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

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

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

**FEE:** \$25.00 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 Harry Stauffer 816-373-6089 Bob and Sara Risser will coordinate the series 816-632-7340, [rdrisser@centurytel.net](mailto:rdrisser@centurytel.net)