



2017 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: 10, 24
JULY: 8, 22
AUGUST: 12, 26

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.

Prize: a denim shirt.



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 Bob and Sara Risser will coordinate the series 816-632-7340, rdrisser@centurytel.net