

Sunset Running Series

Presented by

SABINE CC, A2 RACE MANAGEMENT
TORTOISE & HARE RUNNING AND FITNESS SHOP

WEDNESDAY, JULY 18, 2012

WEDNESDAY, JULY 25, 2012

WEDNESDAY, AUGUST 1, 2012

On one of the premier CC Courses in Southeast Michigan

HURON MEADOWS METROPARK!

FORMAT: NO TEAM SCORES – THESE ARE BASICALLY GLORIFIED TRAINING RUNS!

EACH NIGHT WE WILL HOST SEPARATE ONE MILE & 5,000 METER RUNS. MALE AND FEMALE ATHLETES OF ALL AGE GROUPS WILL RUN TOGETHER. THESE RACES ARE “OPEN” SO ANYONE FROM SIX TO NINETY SIX CAN RUN!

**MEET PHILOSOPHIES: HAVE SOME FUN ON THE RUN THIS SUMMER!
DO SOME TEAM BONDING!
HAVE A FAMILY PICNIC AND GO ON A RUN TOGETHER!
GO FISHING & WATCH THE SUNSET (ITS INCREDIBLE!)
TRAIN WITH YOUR FRIENDS!
COACHES AND ATHLETES CAN COMPETE TOGETHER!
GIVE NEW CC RUNNERS A HEADS UP ON CC RUNNING!**

RACE TIME SCHEDULE:

“OPEN” One Mile Run	7:00 pm
“OPEN” 5,000 Meter Run	7:15 pm

RESULTS: Will be available within 15 minutes after each race.
Typed copies will be available for you to take home and will also be posted on line.

AWARDS: YOU WILL FEEL GOOD ABOUT YOURSELF!
We might have some raffles of donated goodies for all who are present after the race.

ENTRY FEE: \$5.00 per runner.
There will also be a \$5.00 entrance fee for each vehicle into the metro park.
MAKE CHECKS PAYABLE TO A2 RACE MANAGEMENT
CASH is the preferred method of payment. No credit cards accepted.

MEET ENTRY FEES COLLECTED ON THE DAY OF THE EVENT. NO PRE MEET ENTRY REQUIRED.

QUESTIONS / CONTACTS:

Beem	Cell 734 – 945 – 8548	or	kevin@a2racemanagement.com
Mick	Cell 734 – 649 – 2091	or	tommicallef@gmail.com

COURSE NOTES: The Huron Meadows course is fast and fun! It is a measured, 5k course located just west of US 23 (Exit 55 – Silver Lake Road) in the beautiful Huron Meadows Metropark. (Near Brighton and Whitmore Lake) It is a rolling wooded course that produces some terrific times! It is a true Cross Country course complete with hills, and trails, and other obstacles! Your runners can enjoy the wildlife – sandhill cranes, squirrels, rabbits, mosquitoes, and who knows what else you will see! We think it is a great experience for runners who appreciate the sport of Cross Country – come out and run with us! You will be happy you did! We put on good meets!