



SUNDAY, MAY 3rd



1979 • 31st Burns Park Run • 2009

The Burns Park Run Turns 30!

5K & 10K Runs, 5K Walk, and 1/2 Mile Fun Run



Olympian Female Powerlifters Cheryl Haworth and Cara Heads will visit our school and the BPR – with their friend and local Olympic legend Sheila Taormina!

Where: Burns Park Elementary School, 1414 Wells, Corner of Wells and Baldwin

Who: 800 -1,000 fast and slow participants aged 0 to 100 years!

When: Sunday, May 3rd. 5K - 8:30am, 10K – 8:40am. (chip start/finish)

How: Early registration at www.BurnsParkRun.org: \$15 (\$12.50 for kids)

Register in person (\$20 after April 30th, \$5 for Fun Run):

Saturday: 2-5pm (Burns Park Warming Hut – corner of Wells and Baldwin)

Race Day: 7-8:15am

Why: **Fun, fitness, and to support our school and charities!**

NEW THIS YEAR: More age groups and awards; new tec shirts

(including “female cut” version); finisher medals for every 5K/10K kid!

A beautiful day is virtually guaranteed!* Shady course with fun neighbors!

Raffle prizes! HOMEMADE muffins, brownies, cookies and treats!

Zingermans bagels and Caribou coffee! Massages! Music! Burn calories (~2 calories/lb. for the 5K; 4 calories/lb for 10K)!



REGISTER EARLY ONLINE by April 30th for discounted price!

www.BurnsParkRun.org

Meet our guests at Burns Park School Friday, May 1st at 3pm!

Thanks to **Body Specs, Inc.** for helping bring our guests to the BPR!

**Individual interpretations of "beautiful" and "guaranteed" may vary*