



CONCORDIA UNIVERSITY ATHLETICS

2010 Summer Cross Country Fun Runs

Where: Concordia University West Campus
4090 Geddes Road West of the Gymnasium
Ann Arbor, MI 48105

Open to all Runners:

Cost: \$5.00 (Cash only)
\$ 3.00 under 14

The money raised from this event will be used to support the Concordia University men's and women's cross country and track programs for 2010 season.

No Prizes: Just a fun time running on a beautiful course with an accurate time.
Participation ribbon will be given out.

Starting Line: West Campus.

West of the Gymnasium, in the field by the Dorms. Drive back by the Dorms and look for the finish lines.

Dates: 7/15/10, 7/22/10, 7/29/10 8/12/10, 8/19/10

Race Time: Race will start at 7:00 pm.

Registration and warm-up starts at 6:15

Race Distance: 5K On Concordia University's Campus. This year we may have an option of an 8K race. Both races would be run at the same time.

Course Description: Challenging course. Hilly, with turns, one main loop with ½ mile back track at finish. Grass for 90% of the course with some dirt road and crosses 2 sidewalks.

This is NOT a road race. * This is True Cross Country (off road)**

Run at your own risk. Concordia is not responsible for any injuries, lost, stolen, or damaged items.

For more information contact Steve Montgomery: Head Cross Country & Track Coach
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