

2010 Bill Heideman Memorial Cross Country Series

Presented by: Summit Athletic Running Club

Thursday, August 5th

Thursday, August 12th

Thursday, August 19th

(Championship Night - Chip timing and T-shirts for the first 750 finishers)

Goodyear Heights Metro Park 5K and 2 Mile at 6:30 pm

5K - High School and Open Runners

2 Mile - Junior High School

1 Mile Kids Run – Open to all ages, Starts at 6:15

Day of Race Registration Only

Entry Fee: All Runners \$5.00 donation for August 5th and 12th

Entry Fee: All Runners \$10.00 donation for August 19th (Chip Timed)

All runners (or parent if under 18 years of age) must sign waiver on reverse side

T-shirts provided by Ritchie's Sporting Goods



