



ALICE SPRINGS RUNNING & WALKING CLUB

Invites you toRusty Zipper 4x4 Fun Run/Walk

WHEN: 6.30AM Registration 7AM Start
SUNDAY 17th July 2011

WHERE: Steiner School (Ragonesi Road)

DISTANCE: 4KM, 8KM, 12KM OR 16KM (Optional distance)

BRING: COMFORTABLE SHOES

Pancake Breakfast



- ✓ Non-competitive distance!
- ✓ Great training for ½ or full Marathon.
- ✓ For all fitness levels.

Pre-register at Rusty Zipper. \$3 member, \$5 non-member, \$1 junior



Details: Lynn and Peter Treis 0408084269
Email: alicesprings.menswear@bigpond.com or Rusty Zipper Facebook page.

