



Runners and Walkers

in
association
with



South Canterbury Finance

Proud Sponsors of the Child Cancer Foundation

**Exciting New
Course**

INVITE YOU TO THE

**New Start/
Finish Venue**

Super Seven Series 2010

to enjoy fitness and fun with us – whether you are a runner or a walker!!

- ◆ 7 nights x 7kms weekly on Tuesdays, starting 12th January 2010
- ◆ Start and finish at YMCA, Park Road (adjacent Ongley Park), Palmerston North
- ◆ Parking in Esplanade and on Park Road
- ◆ Start: 6.15 p.m.
- ◆ Entry: \$3.00 individual *
\$8.00 family
(2 adults + 3 school age kids)
- ◆ Register on the night
- ◆ Free sausage sizzle and Spot Prizes
- ◆ Fruit for everyone, courtesy Turners & Growers
- ◆ **HELD WET OR FINE!!!!**

* OR avoid the queues! Pay \$20 in advance for all 7 nights and receive a **Vautier Pharmacy** souvenir race bib to use each week

Dates
12th January
19th January
26th January
2nd February
9th February
16th February
23th February

MAKE THIS A FAMILY AFFAIR!! ALL WELCOME!!!!

BUT PLEASE NOTE—WE REGRET WE DO NOT ALLOW DOGS, SCOOTERS OR BIKES

Contact: Alister 3537175 or info@manawatustriders.org.nz
www.manawatustriders.org.nz

This Event is also proudly supported by



This is a Cancer Society "Sunsmart" Event

