



Runners and Walkers

in association with



Super Seven Series 2012

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



**7 nights x 7kms weekly on Tuesdays
stating 17th January 2012
HELD WET OR FINE**



Where YMCA, Ongley Park, Park Rd, Palmerston North

When 6.15pm

Entry details (register on the night)



Entry Type	Entry Fee
Individual per night	\$3.00
Individual 7 nights in advance	\$20.00
Individual 6 nights in advance	\$17.00
Manawatu Striders Members	Half Price
Family entry per night (2 adults + 3 school aged children)	\$8.00
Under 5's	FREE

Avoid the queues!
*Pay for 7 nights or 6 nights in advance & receive a discounted price!!
(individual entries only)*

Dates
17th January
24th January
31st January
7th February
14th February
21st February
28th February

FAMILY FUN - INVOLVE THE KIDS!!
Family entry (2 adults + 3 school aged children) per night \$8.00
Under 5's FREE
Different theme each night with a special challenge for the kids!
Short course option available (approx 3km)

THIS IS A RUNNING & WALKING EVENT
PLEASE RESPECT OUR DECISION NOT TO ALLOW DOGS, SCOOTERS OR BIKES

Cared for by



Contact: Alister 353 7175 or info@manawatustriders.org.nz
For full details see www.manawatustriders.org.nz



This is a Cancer Society "Sunsmart" Event

