

Thursday Group Runs continue in July with...

Thirsty Thursday's July Series

July 10, 17, 24, 31 at 6:30PM
Fred G. Bond Metro Park
801 High House Road, Cary, NC
(High House Road @ Cary Parkway)

All runs start from the Boat House.

Sponsored by,



Great Door Prizes!!!

- Runs will include some paved greenway, some single-track trail, some packed-mulch trail, mostly flat, very shady trail.
- Four run distances – a new one each week
 - 5k, 7k, 8k, 10k (great buildup for the start of the August Umstead Series)
- 3 mile option on all-paved greenway available each week
- Water, restrooms/changing rooms available at start
- Runs go on rain or shine, except in cases of lightning
- Every week a post-run (non-sponsored) social at Rudino's Pizza & Grinders
 - Great new, *non-smoking*, sports bar on High House Road 1 mile from park
- Series party after the run on the final week – NCRC buys appetizers!
- Did we mention great door prizes?
 - Complimentary stays at any Extended Stay Hotel location nationwide.
www.extendedstayhotels.com
Great for your next out-of-town race!!
 - New Balance Raleigh goodies

Watch for additional information via the NCRC Yahoo group
(Signup at <http://groups.yahoo.com/group/ncrc/>)