

FREE

MormonTimes One Mile Run

This is the Place Heritage Park

2601 East Sunnyside Ave.

Salt Lake City, Utah

July 18th 2009

- Come meet Olympic Athletes
- Park Entrance Free for Participants
- Fun for the whole family

Races will be run in waves starting at 8AM and proceeding as follows:

8:00	Non competitive family run
8:20	Boys and Girls 14 and Under
8:40	Men and Women age 15-39
9:00	Men and Women age 40+
9:20	Elite Women
9:40	Elite Men

Shirts will be given to winners in each competitive division

This race winds through historic “This is the Place” Heritage Park. Runners start at the corner of Main and Brigham Streets in front of the Jewkes Home. The course turns east on 1st North going past the Johnson Saddlery and Z.C.M.I. Up the hill past the Manti Fort Gristmill there is a stunning view of the Salt Lake valley before heading west down 1st South. The course then turns north on to Main Street at the Smoot Hall before heading west again on Brigham Street past the Andrus Halfway House. Going North again on 1st West, runners will pass the Blacksmith Shop and several old cabins. The race then turns downhill and finishes at the Brigham Young Farmhouse.

Free on site parking available.

Questions? Call 801-237-2173 or email the race director, Bob Wood, at bwood@desnews.com.



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