

Aspen Falls 10K Run

Information

The Aspen Falls Parks and Recreation Department is once again sponsoring the Spring 10K Run. This year, instead of closing down the main streets in town, the entire run will take place in the Aspen Falls Metro Park. The race will start on the boardwalk that separates the lake from the swamp, and will end at the south end of the mid-lake trail. Because of the anticipated increase in runners, we have expanded the number of waves to seven. When you register, be sure to register for the correct wave!

Waves for 10K Run		
Wave	10K Time	Start Time
A	sub 40:00	10:00 a.m.
B	sub 45:00	10:30 a.m.
C	sub 50:00	11:00 a.m.
D	sub 55:00	11:30 a.m.
E	sub 60:00	12:00 p.m.
F	60:00 - 90:00	12:30 p.m.
G	90:00 +	1:00 p.m.

Insert new row in table, type text
Also, Merge, center & format title

Insert third column in table, type text

Align right third column, bold titles

Type paragraph at end of document

Apply style, AutoFit, and center

There are several requirements for registration in Waves A through E, and these can be found on the attached registration form. Each participant will receive a T-shirt package after the race.

Category	Cost
Men	\$40
Women	40
Children (12 & under)	20
Seniors (62 & older)	25

Add bold to first of tabbed rows

Insert left tab at 2", right tab at 4.5"

Type tabbed list

Remove spacing after four tabbed rows

Insert 2 pictures, square wrapping

Position pictures as indicated



Add file name to footer