



Join us for the

Blue Heron 15k

August 21, 2022, 10 am

Aldarra Field, Redmond-Fall City Rd SE, Fall City, WA 98024
to Tolt Hill Road and back

Flat and Fast

Top 3 female and Top 3 Male Receive \$50 Gift Card to the Blue Heron Bar and Grill

Come out and run the rustic farmhouse route along beautiful lily pad marshes with real Blue Herons. Come out and be part of nature during this scenic jaunt up and down nature's alley. All participants receive an authentic Blue Heron 15k designer T-Shirt and entry into a drawing for a \$50 gift card for a relaxing lunch overlooking the beautiful Carnation Marsh. The race is flat and fast out and back along the foothills for the Cascade Mountains. All finishers are treated to hot corn on the cob dipped in butter and receive a forged 15k Medallion. Sign up at Active.com type in Blue Heron.

Register today at SammamishRunning.com

Mic Brisbois, Race Director
SammamishRunning.com
708.668.5488

