

Our deepest appreciation to those registered runners who support this event.
May you live long and run.... forever!

Instructions

1. Cut alongside outer edge of the **Numbered Bib** below
2. Print your Name, City, State, and Country underneath the words: **World Run Day**
3. Cut out the dark holes and attach the bib (with pins) to your shirt
4. Contact your local newspaper (or other media) and inform them about your run and your charity
5. Post your pictures on a site and send us your name and the link to runday2008@yahoo.com
6. We'll make every attempt to post your link within 24 hours of receipt
7. Enjoy your run – choose your favorite course to celebrate the sport of running!



WORLD RUN DAY

1



November 9, 2008