



We're Running!

June 14, 2009 • 10K/4K Run • 4K Walk
seattlefrontrunners.org/register

Run and Walk with Pride 2009
June 14, 2009 • Seward Park, Seattle
seattlefrontrunners.org/register

Chip timing by BuDu Racing • Awards
T-Shirt • Raffles • USATF Sanctioned

