



RUN FOR THEIR LIVES

**MUSCLE WARRIOR 10K RUN
IN THE BEAUTIFUL SURROUNDINGS OF
HAILEYBURY, HERTFORD HEATH, HERTS**

SUNDAY 24 JULY 2011

Become a **MUSCLE WARRIOR** and help raise funds for **MUSCLE DREAMS**... Amazing experiences in the UK for children with Muscular Dystrophy

- **10K RUN + 5K RUN**
- **1K WHEELCHAIR CIRCUIT**
- **1K FANCY DRESS TODDLE**
Superhero costumes please! Through Haileybury's spectacular quad... Everyone can take part!

Be inspired by the magic of the 2012 Games and help us celebrate the one year countdown.

Registration fees apply

REGISTER NOW AT MUSCLEHELP.COM

RUN FOR THEIR LIVES is in aid of The Muscle Help Foundation, Registered Charity No. 1096716

