



On October 24, 2009, run the Day the World Runs!

Last Year 780,000 runners from around the globe took part in the Nike+ Human Race 10K to celebrate running. A local version, sponsored by Nike Ambassador Heidi Stubler will be held on October 24, beginning at 11:00 a.m. starting and ending near the HUB on the Penn State Campus.

A free wicking t-shirt is available to participants while they last.

To sign-up and reserve your shirt (*there's no registration fee!*), please email Heidi Stubler at:

stubler.heidi@gmail.com

STRENGTH IN NUMBERS

"COME CELEBRATE YOUR ENERGY, COMMITMENT, AND THE JOY OF THE RUN!"

-HEIDI STUBLER

<http://twitter.com/hstubler>
www.nikeplus.com/humanrace

the Nike+
Human
Race 10K
10.24.2009

Name: **NVRC Nike Plus Human Race 10K**
Rating: *unrated*
Distance: 6.21 miles / 9.99 km
Location: Start: Psu Hub
PSU University Park Campus - State College, PA,
Attributes: loop, mixed flat & hills, paved path
Description: Proposed Route for local running of the Nike Plus Human Race 10K on October 24, 2009

More information and detailed map at:
www.nvrn.com

