

FAT GLASS 50K

presented by the Seattle Running Club



A free race with free food, free beer, music and fun for the whole family -- what could be a better way to spend a Saturday afternoon in August?

The race starts at 1:00 PM on August 6th. Pre-race instructions and your first beverage at 12:45. Beer or substitute carbonated drink at the start of every lap. The full 50K is 6 loops (31+ miles) through Bridle Trails State Park, but DNFs are encouraged!

There will be fun activities for the whole family, bouncy toys for kids, and food and drinks for everyone. More food and drinks at the swimming pool starting at 7 PM.

All members and friends of the Seattle Running Club are encouraged to attend. To become a member of the SRC, go to: seattlerunningclub.org/new/membership.html.

DRIVING DIRECTIONS: Take 520 to NE 40th St. Exit. Go east about 1 mile on NE 40th to 13630 NE 40th Street, Bellevue WA 98005.

PARKING: Dependent on participation. Some parking is available at race start, but some runners may need to park 1.4 miles away from the start/finish at Overlake Transit Center (near the Microsoft campus; 15590 NE 36th St., Redmond WA 98052-5333). Shuttles will be available from the Transit Center if parking there is required.

RSVPs/QUESTIONS: Search Facebook.com for "Fat Glass 50K," or contact Peter Kline at peter.kline@live.com or 425-269-5533.