

# August Series Coming to Umstead



August &-12K Run • August 1#-10K Run  
August 1\* - 8K Run • August 2' - 5K Run

*Join us for the annual August Umstead Series. Run along the beautiful trails inside Umstead State Park. All runs start at 6:30 PM from Camp Sycamore, slight jog on Graylyn, then down Turkey Creek and return.*

*Directions: Main Umstead entrance off Hwy 70. Follow the road to just past the visitors center, turn left. Go about 100 yards and turn right on Group Camp Road. Take the first left to Camp Sycamore.*

*Note: Camp Sycamore is at the Bike and Bridle parking area*

*Volunteers needed for each run!*

- *5K distance available for those who want to run shorter distances.*
- *Weekly contest for the ULTRAMAN JOEY award.*
- *Every week a post run, (non-sponsored) social at Fat Daddy's*
- *Great door prizes from Inside Out Sports*

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Visit [www.ncroadrunners.org](http://www.ncroadrunners.org) for more details.