

KENNEKUK ROAD /TRAIL RUNNERS MEMBERS' ONLY EVENT

16th Annual

Fat Ass

Free Members Only Event

Saturday, February 10, 2018



LOCATION:

Lake Mingo 7.1 mile Trail
Kennekuk County Park
Meet at Hideaway Facility

PICK YOUR DISTANCE:

Fat Ass-28.4 mile Ultra; Large Ass-21.3 miles; Average Ass-14.2 miles;
Small Ass-7.1 miles; Baby Ass-3.29 miles (Howl Loop); NO ASS= Just here for the PARTY!
You can change your distance at any time during the day.

START TIME:

7 A.M., however, you can choose to start later if you would like.
WE WOULD LIKE FOR ALL ASSES TO BE FINISHED NO LATER THAN 1:30 P.M.
You must sign in BEFORE you start running and sign back in AFTER you are finished!!!

COST:

Entry and food is FREE! You can choose to purchase a long sleeve "FAT ASS" shirt *details to follow. Keep an eye out on the KRR Facebook page for more information.

PARTY:

We will party Kennekuk style at the Hideaway. We will be serving Lee's chicken strips. PLEASE BRING YOUR FAVORITE DISH TO SHARE AND YOUR BEVERAGE OF CHOICE! KRR will have some Orange and Blue products to share.

R.S.V.P.:

To ensure we have enough food, please email us at KRR@KENNEKUK.COM. There will also be a post on the KRR FACEBOOK page to let us know.

FUN FACTS:

- Adult pigs can run at speeds of up to 11 mph, or in other words, they can run a seven-minute mile. Could you do any better?
- If you've ever suggested that someone was 'sweating like a pig', then you'd be wrong. Pigs have hardly any sweat glands, and one of the best ways for them to cool down is to wallow in all of that glorious mud.
- Pigs appear to have a good sense of direction and have found their way home over great distances.