

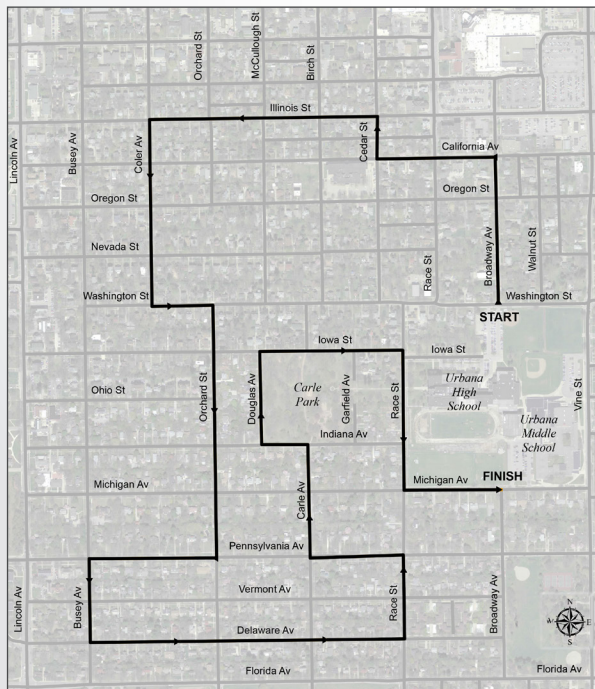
mission

The proceeds from this event will go directly to the UHS athletic department and be used to update the equipment in the UHS weight room. The weight room will later be named the John Gremer Strength and Conditioning Facility after the late John Gremer, who was a long-time teacher and coach at UHS and well-respected man in the Urbana community. The upgrading of the UHS weight room will contribute to giving our students and athletes a competitive advantage as they compete and strive to reach new heights in interscholastic sports and lifetime fitness.

course

The race will go on a scenic route through the state streets of Urbana.

Water, fruit, and other health snacks will be available both before and after the race. During our post-race activities, we will also offer tasty/healthy dessert treats such as sorbet and frozen yogurt.



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FIRST ANNUAL

SUNDAE 5K

RUN & WALK

JUNIOR SUNDAE 1K



SUNDAY, SEPTEMBER 29, 2013 • 8:00 AM

