



# When to **run**, when to **walk** and how to enjoy nature.



## Be sure and mark your calendar for the 5th Annual Green Run!

Sunday, September 18, 2011  
10:00 a.m.  
Metro Waste Authority and SE Polk  
Environmental Learning Center  
11730 S.E. 6th Ave.  
Runnells, Iowa 50237

Registration:  
\$20 if registered by Sept. 1, 2011  
\$30 if registered after Sept. 1, 2011  
\$15 Students K-12  
Includes: Race T-shirt

Push your limits with the 10K cross country race or take it in stride with the 5K cross country run/walk. Awards will be presented in 13 age divisions.

All while enjoying 1,300 acres of native wildlife, re-established prairies and wetlands and state-of-the-art systems managed by Metro Waste Authority.

Carpooling is encouraged

Packets will be available the day of the race

5th Annual  
**Green  
Run**

### Event sponsors:



[www.MWAtoday.com](http://www.MWAtoday.com)  
515.244.0021