



MONSTER MASH DASH

When: October 31, 2009

Where: Lake Padden in Bellingham, WA

Costumes: Mandatory

Race Start: 11:00 am (Limited to 50 Runners)

Suggested Donation: \$1.00/lap (All proceeds go to the Whatcom Humane Society)

Contact: Stacy Otter

Email: stacy.otter@gmail.com

Come join us for a fun-filled trail marathon around beautiful Lake Padden. The course is 2.6 miles per loop. There are 3 restrooms at various points along the course which, for us runners, is great news.

We will be providing water, Gatorade, sports gel of some sort, and, of course, Halloween candy!

If you would like to participate please email me and include your name, age, city, state, etc.

Directions from Seattle via I-5 North

- Take **EXIT 246** toward **N LAKE SAMISH**
- Turn **LEFT** onto **SAMISH WAY**
- Turn **LEFT** onto **LAKESHORE DR**
- Go into park until you come up to the playground area. There is also a picnic shelter which is where you will start the race