

ON YOUR MARK; GET SET; RUN FOR TOASTMASTERS!

Fellow Toastmasters,

This year Munich will signal the start of its **29. Münchner Stadtlauf** on Sunday, June 24, 2007. Toastmasters will be making their debut in the 10K run (**10-km-Familienlauf**). If you're game, tell us your name.

Our goal is to have fun and at the same time create public awareness of Toastmasters in Munich. If you're in good health, you're qualified. If you're worried about not being able to keep up, don't be. We'll be running at a pace that anyone can keep up with. This is not a race against the clock rather a fun way to get the word out about Toastmasters: We are running as a team. The run should take a little over an hour.

LOCATION:

We will meet at **10:30 AM** at the **rear entrance of Sporthaus Schuster (NOT Sportscheck) in Rosental.**

START:

The **10K run** begins at **11 AM.**

AFTER CROSSING THE FINISH LINE:

For those who wish to kick off their running shoes and relax afterwards, join us for a drink or a bite to eat. There'll be a table waiting for you.

REGISTRATION:

Runners please sign up on your own online at:

http://events.sportscheck-usa.com/docs/events_infos_stadtlauf_muenchen.html

Registration Fee: € 25.00. Fee includes a T-shirt but not your time chip. See Website for details and discounts.

Registration Deadline: Monday, June 18, 2007

CHEERLEADERS: Toastmasters, with banners and whistles, as well as spouses, better halves, fans and kids are all welcome. As Toastmasters you know how a rousing round of applause gets us moving.

If you would like to be part of our running team or cheering section, let us by **Saturday, June 16, 2007** at: kai.krueger@contextual-services.com

TIPS FOR GEAR:

- ❖ Good running shoes (preferably broken in)
- ❖ Although there will be water stations along the way, bring your own if it's hot out!
- ❖ Windbreaker or, if necessary, raingear
- ❖ Sunscreen lotion
- ❖ Cap for sun protection

WEATHER:

Rain or shine, the run will go on (unless the organizers cancel the event). Since it can get pretty hot in June, make sure you drink plenty of liquid.

QUESTIONS?

Please email Kai Krüger at: kai.krueger@contextual-services.com or phone: 0177-1960 878.

Yours in Pace-setting Toastmastering,

Kai Krüger & Denise Magyar

PLEASE NOTE: Taking part in sporting activities can be fun. However, you are responsible for knowing your own limits. If in doubt, ask your doctor. He'll tell you if you're ready for the challenge or not. Participants will not be insured against injury. Runners will be running at their own risk.