

NDLA 3K Walk/Run

**September 30, 2010
at 7:00 AM**

It's not as far as it sounds!!!

**3K is only 1.86 miles! You've walked farther
in the exhibits area! At an easy walking pace,
it won't take more than 45 minutes.
Runners can do it in as little as 20 minutes!**

**Join us for the first official NDLA 3K
Rain or Shine!**

**Registration is \$10
and all participants will receive an
NDLA 3K t-shirt, a refreshing bottle of water,
and bragging rights until next year's 3K.**

**For more information, contact
Wendy Wendt at 701-772-8116.**