



Vitamin T
Sun Spa

BAD ASS TRAIL DASH

**Saturday Oct. 5th
Race Starts 9a.m.
Ozark, IL**

COME JOIN US FOR OUR

BAD ASS TRAIL DASH.

THIS 5K RUN WILL PUSH YOU TO YOUR LIMITS BOTH PHYSICALLY AND MENTALLY. YOU WILL ENCOUNTER TIGHT TRAILS, OPEN FIELDS, CREEK CROSSINGS, STEEP HILL CLIMBS, LOG CROSSINGS, AND OTHER NATURAL OBSTACLES FOUND AT NO OTHER RACE IN SOUTHERN IL. IF YOU ARE LOOKING FOR A REAL CHALLENGE THEN LOOK NO FURTHER THAN THE

BAD ASS TRAIL DASH.

THIS IS THE CHALLENGE YOU ARE LOOKING FOR. SIGNUP
AT **vitamintsunspa.com**

HAVE THE KIDS SIGN UP FOR THE 1K

BAD LITTLE MAMAJAMA