



## **Run Like Ole Monday Nite XC Running Series Returns for the month of May!**

Get ready for 4 weeks of amazing trail running races right here in Camrose in memory of Ole Heie, who passed away unexpectedly at the age of 12. A lifelong member of the Camrose Ski Club, Ole was no stranger to the trails. His big smile, long blonde hair and encouraging personality became well known in the community.

This race series, organized by Vikings Athletics and Live Like Ole, gives runners (new and experienced alike) the opportunity to run the very trails Ole's feet have graced countless times throughout every season. Some of the courses have actually been designed by Ole himself for training and fun runs with his teammates.

Each race will feature a short course (approx 2-3 k) and a long course (4-8k). Each week will take place, highlighting a different section of Camrose's amazing trail system. There will be a good mix of ski trails, single track, some hoodoos and beautiful views complete with awesome people and some amazing prizes to be won!

Details:

**4 Week Timed Race Series. Come to one or come and enjoy them all!**

**Dates: Mondays Starting at 6:30pm**

**May 6 - Stoney Creek North**

**May 13 - Happy Valley**

**May 27 - Stoney Creek South**

**June 3 - Camrose Biathlon and Range (this one might have an Ole riffic twist!)**

Price: \$15 for one race or \$50 to register for all 4! If you register for all 4, it also includes a beautiful specially designed Run Like Ole tech tshirt!

To register, visit:

<https://zone4.ca/register.asp?id=35207&lan=1&cartlevel=1>

Want to be a part of Run Like Ole but don't want to run? We LOVE our volunteers and we'd love to have you! There are lots of different volunteer positions to fill - many of which need no experience. If you have a special skill you'd like to share, please reach out! To view volunteer positions, and sign up, please visit:

<https://volunteersignup.org/83YF4>

If you have any questions at all regarding Run Like Ole or any Live Like Ole event, please don't hesitate to reach out to Leigh Heie at [leighheie@gmail.com](mailto:leighheie@gmail.com) or 780-781-8676





