

Bayshore Marathon Pre-race Pasta Café

Prepared exclusively for 2012 Bayshore runners and families

Brought to you by the Runners of the Traverse City Central Track and Field Team

A classic pre-race meal to include:

Spaghetti, cooked al dente; home-made vegetarian or marinara meat sauce; Caesar salad with crispy romaine, fresh croutons and shaved parmesan; whole grain bread; a variety of home baked desserts; iced tea and raspberry lemonade. All You need to eat.

When:	Friday May 25th, 5-8 p.m.
Where:	“Cafeteria” (Traverse City High, next to registration, follow signs from registration in the high school gym.
Why:	Marathon, Half Marathon, and 10K runners and GIRLS on the RUN who need a great place to eat!
How Much:	\$15 per adult, \$10 per child under 10, all courses included – can’t beat that anywhere in Traverse City! Bring the family, too!

Don't worry about dinner, we're ready to serve you! Enjoy a warm dining atmosphere designed exclusively with the "jittery" runner in mind... good food, good music, good people, running dvd's!

*A limited number of dinner tickets available, available for purchase **by mail, or onsite** (link and pay; or print and mail, pay that night.*

Bayshore Pre-race Pasta Reservation and Payment form

Name: _____ # of tickets _____ x \$15 or _____ x \$10 = _____ total (enclosed)

Email: _____

Please make checks payable to: **“TCC Track & Field Boosters”** postmarked by May 18, 2012 and mail to:

TCC Track & Field Pasta
TC Central High - Athletic Dept.
1150 Milliken Dr.
Traverse City MI 49686

Sorry no refunds, All proceeds to benefit the Traverse City Central Girls & Boys Track and Field program