**Guerilla Running**

**presents**

**Backwards Mile**

**1 mile. 1 direction: backwards.**

**Saturday, January 23, 2010**

**3PM**

**Marathon Park**

**$10 (to benefit Olympia Action Network)**



Backwards running offers many benefits[[1]](#footnote--1):

* Builds stamina.
* Strengthens leg muscles.
* Improves quickness.
* Promotes balance.
* Enhances quality of life.
* Restores good posture.

**Questions?: jamisongirls@hotmail.com**

1. Stevenson, Dr. Robert S. “Backwards Running.” 1981. [↑](#footnote-ref--1)