

Run in to the Fall!



5K Trail Race & Family Fun!

When: Thursday, August 24, 2006

Where: Mendon Ponds Park – East Side of the Pond

Parking: Beach Parking Lot

Cost: \$15 per family – There's something for everyone!

Times: 4:30pm Registration opens – Race day registration only
6:00pm 5k Trail Race
6:05pm Trail Walk
7:00pm 1 Mile Fun Run
7:15pm _ Mile Fun Run

5K Course: The course is a balance of grassy areas and trails with great spectator viewing spots to cheer on family and friends. It has wide straight-aways mixed with gradual up and downhill slopes. The course finishes on the beach!

Age Groups: 5K Race 7-10 11-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
60+

Awards: Awards will be given to the top three finishers in each age group for both men and women. Awards will also be given to *all* kids participating in the 1 Mile Fun Run and _ Mile Fun Run

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All proceeds to benefit East Rochester Cross Country Booster Club



Come and discover the runner in you!

