

Healthy Harvest 5K

DATE: Saturday, October 8, 2011

REPORTING TIME: Walkers 8:30 a.m.
Runners 9:00 a.m.

START TIME: Walkers 9:00 a.m.
Runners 9:30 a.m.

COURSE: Mixture of flat and hills, 3.1 miles run/ walk through beautiful country roads in Walker Valley, NY

COURSE CERTIFIED By;
Brian Cavanagh USATF Certified
(Guaranteed Accurate) Course # NY10041JG

TIMING: By Fast Finishes

**NO SKATEBOARDS, SKATES OR ROLLER
BLADES ON THE COURSE.**

Water station sites along route.
Continental Breakfast for all registered runners / walkers completing the course.

T SHIRTS: presented to the 1st 100 pre-registered runners / walkers.

ENTRY FEES:

Registered prior to Sept. 27th, 2011	\$20.00
Children 12 & under	\$10.00
Day of Race CASH ONLY	\$25.00
Children 12 & under CASH ONLY	\$15.00

RACE DAY REGISTRATION:

Walker Valley Fire House (Rte. 52, Walker Valley)
7:30 am

Please note: ***NO RACE REFUNDS OR TRANSFERS***

Please make checks payable to:
Walker Valley Ladies Auxiliary

Mail to: April Grieco
170 Sinsabaugh Road
Pine Bush, NY 12566

AWARDS:

Overall Male and Female Runner
Overall Male and Female Walker
1st place Male and Female in each category