

Healthy Harvest 5K

DATE: Saturday, October 6th, 2012

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: Vince Veltre
Mid-Hudson Runners Club
(Guaranteed Accurate) Course # NY10041JG

NO SKATEBOARDS, SKATES OR ROLLER
BLADES ON THE COURSE.

Water station sites along route.

Pancake Breakfast for all registered runners /
walkers completing the course.

T SHIRTS: presented to the 1st 100 pre-registered
by September 20th.

ENTRY FEES:

Registered prior to Sept. 20th, 2012	\$20.00
Day of Race (<i>CASH ONLY</i>)	\$25.00
Children 12 & under	\$10.00
Day of Race (<i>CASH ONLY</i>)	\$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 (pre-registered) payable to:

Walker Valley Ladies Auxiliary

Mail to: Walker Valley Ladies Aux. 5K
Susanne May
PO Box 475
Walker Valley, NY 12588

AWARDS:

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