

Howl at the Moon 5 K Run

Friday, August 20, 2010

8:00 p.m.

Veteran's Memorial Park

Sponsored by
La Vergne Parks and Recreation
www.lavergne.org or www.active.com

\$20.00 Pre-registration

(Entry must be received No Later than Thursday, August 19, 2010)

\$25.00 Day of Race

AGE DIVISIONS

<<13	14-19	20-24
25-29	30-34	35-39
40-44	45-49	50-54
55-59	60-64	65+

CLYDESDALES/ATHENA

- ☀ Awards will be given to the Top three (3) finishers in each category
- ☀ First male/female overall
- ☀ First male/female Master Finishers
- ☀ Clydesdale/Athena

Long sleeved T-Shirts guaranteed to the first 200 pre-registered runners

For more information contact 793-3224

All proceeds to benefit the children's programs for the City of La Vergne Parks and Recreation Department