# CITIZENS ASSIST 5K/5M RUN/WALK November 10, 2019

## **Macoby Run Golf Course**

You are never alone



### 5K/5 Mile Run

#### **Race Details:**

Registration begins at 7:45AM followed by a 9AM start (All ages welcome)

For those lost to Addiction, a memorial table will be present. Please bring a picture or words of hope in memory of your loved one to be displayed. A moment of silence will be had prior to start

Sign ups include T Shirt, Finisher Medal upon completion of course and refreshments.

Sponsorships are available

Race Benefits Project Live as well as Upper Perk, East Greenville & Marlborough PD, Upper Perk Ambulance Association and the Open Link

Please visit Pretzel City Sports to sign up or visit the Upper Perk YMCA, 10/10/2019 to sign up in person or pick up a form. Group Rates are available for 4 or more via Paper Form only

Runners are asked to bring a can food donation for the Open Link Pantry

### For More info:

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