

Tri-County
HEART 
AND SOLE 
 8th Annual 5K Run/Walk 

We are excited to have the community join our efforts to raise awareness and reduce stigma for children and families challenged with mental illness.

05 / 11 / 19

5K Run/Walk & Kids Run @ Macken Park

Cost Thru May 1	Cost After May 1
\$25 Per Runner	\$30 Per Runner

7:00 AM Registration | 8:00 AM Runners Start | Walkers to Follow

Packet Pickup
 05/10/19 from 4-7 PM at Chicken and Pickle

REGISTER TODAY!

<https://runsignup.com/heartandsole5k>

This event will support Tri-County's Children's Services. Proceeds from this event will help sustain our holiday assistance program for children and families that we serve as well as other initiatives for our youth.