

ROCHESTER , NH

8:00 AM......Check In 9:00 AM.....Start

\$35: Preregistered \$40: Day of Race

First 50 registered runners will receive a free t-shirt!

- Runners & Walkers of all ages welcome!
- Start and Finish at the Rochester Ice Arena
- Digital Clock at Finish
- Water is provided half way

**USATF Certified Course managed by 5K Sports Race Services** 

All proceeds benefit:





Please consider making a donation to: SeacoastLearningCenter.org

REGISTER ONLINE Running4Free.com