

OCTOBER 4TH 2014



THIRD ANNUAL!

POTTSTOWN 5K WOUNDED WARRIOR TRAIL RUN & 5K WALK

This race is really shaping up to be a fun time for all! Race day registration is still a possibility for a race that is going to be fun and challenging. We have medals to give out to all top finishers.

Get off of the roads and onto the trails in the beautifully maintained Warwick Park! Half of the course is in the woods on trails with some hills and half of the course is in the open meadows. We all know that constant running/walking on hard pavement is no good for you. Whether you want to challenge yourself to a run on the trails, or enjoy a peaceful walk, you are supporting a fantastic cause.

The race is to be held in Warwick Park at 191 County Park Road; Pottstown, PA 19465. Parking for the event is only at the entrance off of County Park road. Don't go to the entrance off of US23/Ridge road or the entrance off of Mount Pleasant road, they have very limited parking and are a long walk to the starting line!

October 4th run/walk starts at 10:00am. Registration 8:30 – 9:40am. Race registration is \$30 for those not already registered (online or mail in). T-shirts will be nice tech shirts, sizes will be limited for those showing up late but if we run out, other shirts will be given instead.

We have refreshments planned, live entertainment and some really nice prizes.

Race proceeds will be donated to Keystone Wounded Warriors to support Pennsylvania wounded warriors. Proceeds are used to help our heroes mentally, physically, financially and professionally.

For additional information go online to www.keystonewarriors.com or contact Jordan Kellogg via e-mail at jackellogg@gmail.com if you have any questions.