

FITNESS & FUN
for the whole family—
including the pooch!

Jump start your day with the Region's
EARLIEST & BIGGEST EVENT of its kind!!!

Run for Research

5K Run/Walk & 1 Mile Stroll

• Rise & Shine 8:30AM Yoga & Meditation Session •
Crossfit Gym Throw Down • 5K Awards • Fitness Contests

Health & Wellness Expo

• Over 50 Local Vendors • Family Entertainment • DJ • Sports •
Demos • Health Screenings • Therapeutic Services • Giveaways

FREE Food, **FREE** Admission, **FREE** Parking!

Saturday, Sept. 28, 2019 ★ 9AM–1PM (Rain or Shine)

WARMINSTER COMMUNITY PARK

(350 E. Bristol Road)

Complimentary Plush Bear to the first 50 kids (12 & under)!

**pets & strollers
Welcome!**

**Funniest
Dog Outfit
Contest!**



Online Registration & Event Details

www.MSRunForResearch.org

100% of proceeds benefit MS Research

Chip
Timing
managed by

