



Manchaug Pond's 5K Run & 3K Health Walk Saturday, October 14, 2017 *Run • Walk • Cheer 'em on!*

9:30 am start for runners and walkers. Rain or shine.
To benefit the Manchaug Pond Foundation, a 501c3 non-profit.



\$15 donation includes a THE DAM RACE t-shirt with early registration by September 28, 2017
Race day registration opens at 8:30 am. Finish line celebration includes prizes and refreshments!

REGISTER ONLINE AT
WWW.MANCHAUGPOND.ORG