

# First Annual 5K Run/Walk

July 18, 2015

Sunfish Pond Park



Dust off those running shoes and join us for the **First Annual 5K Run/Walk at Sunfish Pond** sponsored by the Bradford County Employee Wellness Committee and the Bradford County Parks Committee on Saturday, July 18, 2015 with registration at 9:00 am and the race beginning at 9:30 am.

Registration is just \$5.00 and all proceeds from the race will go to the **Wounded Warrior Project**. Each runner/walker will receive a t-shirt.

To help get prepped for the race, try following the **Couch to 5K Running Plan** at: [http://www.coolrunning.com/engine/2/2\\_3/181.shtml](http://www.coolrunning.com/engine/2/2_3/181.shtml) and you quickly go from the couch to your first 5K!

You can register online at the [www.bradfordcountypa.org](http://www.bradfordcountypa.org) website. For questions, call (570) 265-1727. Hope to see you there!