

# MUD, BODY & SPIRIT RUN



**Join us on Saturday May 18<sup>th</sup> 2013**

**5k Run/Walk 9am**

Race day registration and packet pick up 8:30 to 9:00am

**Adult and Youth Mud Run 10am**

Race day registration and packet pick up 9:30 to 10am

**8 and under Mini Mud Run 11am**

Race day registration and packet pick up 10:30 to 11am

**Awards for 5k Runners- Overall Winners 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in each age group**

**Mud Run- participation ribbons**

**Participants will receive goodie bag and T-shirt**

**Entry Fee: \$20 if received before May 3<sup>rd</sup>/\$25 late registration**

**711 Barnes Ave La Junta Co 81050**

**Special thanks to the local business, organizations and Southeast Health Group Staff & Board Members who have so generously contributed to sponsoring the event.**

**Celebrating Children's Mental Health Day**

**For more information contact**

**Southeast Health Group: 719-384-5446**

**Youth entry fee assistance available**

