



Northwestern Regional High School

RUN LIKE A DEER



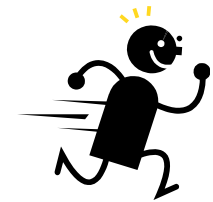
5K Run & Non-Competitive Walk

Saturday, November 5, 2016 (no rain date)

Registration opens at 8:00, race starts at 9:30 am

Registration Forms for the race are available at
nwr7.com

Prizes will be awarded for top finishers
Register by October 20 to receive a t-shirt
Registration fee- \$20 in advance, \$22 race day



Location:

Barkhamsted Elementary School

65 Ripley Hill Rd, Barkhamsted, CT 06063

Walgreens at the corner of **happy & healthy**

Flu shots will be available before, during and after the race.

get your
flu shot
today

GET A
SHOT.  GIVE A
SHOT.
It's that easy.

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