

# may day

# 5k RUN / WALK

Fort Lupton Recreation Center

203 South Harrison Ave

303-857-4200



# - Saturday -

**When: MAY 9, 2009**

**Check in:** Railroad Park 8:00 am (Pacific Ave/First Ave) Look for White Tent.

**Who:** All ages youth & adult, including Strollers

**Race start:** Runners - 8:30 AM or Walkers - 8:35 AM

**Packet Pickup:** May 8<sup>th</sup> from 5-7pm at Recreation Center or Race Day May 9<sup>th</sup> from 7:30-8:15 am. Packet includes Bib #, T-shirt & other information

**(Certified 5k Course & A Pre-Qualifier for the 2009 Bolder Boulder)**

**-Age Divisions-**

(14 & Under 15-19 20-29 30-39 40-49 50-59 60-69 70+)

\*Awards for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place male & female finishers in each age division for runners. Walkers receive 1<sup>st</sup> & 2<sup>nd</sup> place only.

**Early Bird Fee: \$20 Adults (19yrs – 59yrs)**

**\$15 Youth (5yrs – 18yrs) & Senior (60+)**

**Race Day Fee: \$25 Adults (19yrs – 59yrs)**

**\$20 Youth (5yrs – 18yrs) & Senior (60+)**

**\*Fee includes T-shirt & Prize Drawings of two sets of Denver Broncos pre-season tickets and also one set of regular season Rockies tickets.**

**\*PLEASE NOTE: Walkers cannot run any portion of the course. Runners can run or walk.**

**\*All net proceed will benefit our Youth Programs!**

**\*For more information please contact Stacey at 303-857-4200 ext. 105 or email [skeanaaina@fortlupton.org](mailto:skeanaaina@fortlupton.org)**

