

STRIDES for COMMUNITY IMMUNITY

A 5K Run/Walk Event To Promote Immunizations

Saturday, October 29, 2011

Silver Lake Park, Dover

Turn onto Washington Street from State Street for beach side parking.

Walk starts @ 9:00 a.m. - Registration at 8:00 a.m.

Healthy Kids Run (10 & under) starts @ 8:55 a.m.

Refreshments available & free event T-shirt for entrants!

Course:

5K Run/Walk will start/finish at Silver Lake Park
and go through Dover.

Registration Information:

Individual pre-registration fee...\$5 (\$10 after Oct. 22 and day of event)

Team/Family of 3\$9 (\$15 after Oct. 22 and day of event)

Team/Family of 4-6\$12(\$18 after Oct. 22 and day of event)

Healthy Kids Run (10 & under) is FREE! Plaques to all who finish!

To register online, go to www.TriSportsEvents.com
For more information call: Nicole Lee at 302-744-1152
or Ray Parker at 302-674-3213

-This is a *TriSports Ultimate Challenge Series* Event-

Free Flu Vaccine Available - Get Vaccinated!

THE FLU ENDS WITH **U**



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



Immunization
Coalition of
Delaware

