

33rd
Annual!

Sunday, October 3, 2010

Camp Harkness
301 Great Neck Road
Waterford, CT 06385



Starting Gun Times

10K..... 10:00 am

5K..... 11:30 am

**Family Fun Run,
Walk & Roll!**

1:00 pm

All races start & finish
at Camp Harkness

Race officiating by SNERRO

Cash Prizes

for 1st male & female
finishers in 5K & 10K Races!

FAMILY FUN AT STRIDES!

9 am - 2 pm

Free Popcorn! Face Painting!
Moon Bounce!

...and a 1 Mile

**Family Fun Run,
Walk & Roll**

at 1 pm!

Team Competition held at 10K Race

Jack O'Keefe Trophy to be
awarded to winning team!

**Everyone of All Ages &
Abilities WELCOME!**

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Angel Erin Fund



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Proceeds Benefit The Arc of New London County
Empowering People with Disabilities in Southeastern Connecticut since 1952