

SHORT FITNESS CENTER

FOURTH OF JULY

3K/5K RUN/WALK

WED JULY 3

6:45 WARM-UP/ 7AM START

Starts at Short Fitness Center Parking Lot Near Pavilion

Wear Red, White & Blue Fitness/PT Attire

FREE!

Prizes for Fastest 3K Female & Male.
Prizes for Fastest 5K Female & Male.
(Four prizes total)

Snacks and Refreshments provided.
Volunteers Welcome!



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