



# 5k

*Saturday*  
*March 21, 2015*  
*10 am*

## *Run/Walk*

### **50-Yard Kids Dash**

**For information call:**

**Memorial Park Community Center/Senior Services  
(423) 434-6237**

- **Registration: Early 5K - \$20 (includes official "Run the Links" T-Shirt**
- **Register Online at: <http://www.runtricity.net/asp/racecal.asp>**
- **Late Registration (after March 19) - \$25**
- **Race Day Registration: Pine Oaks Golf Course – 8 – 9:30 am**
- **Race Packets: Pick up Friday, March 20, 4-7 pm at Memorial Park Community Center/Senior Services**

**Categories for all ages**

**Traditional run on paved paths ~ Grass course for barefoot runners**

**Dogs are welcome**

**NEW this year!**

**KIDS 50-Yard Dash – 9:30 am**

**Ages 9 and under**

**Registration: \$10 early-bird ... \$15 after March 19  
(50-Yard Dash entries may also participate in the 5K)**



**Johnson City Senior Center Foundation  
c/o Memorial Park Community Center / Senior Services  
510 Bert Street  
Johnson City, TN 37601**