

**From:** Kim Bowers <lori@icrc.ccsend.com>  
**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 8/7/2015 11:02:17 AM  
**Subject:** Help seniors in our community - Run or Walk a Crooked 5K!

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**Run or Walk a Crooked 5K**  
**Saturday, September 5**  
**8:00 A.M., Crooked Creek Park**

Are you an experienced runner, walker, exercise enthusiast or family who enjoys getting outdoors together? Join us at Crooked Creek Park on Saturday, September 5th and kick-off the Chapin Labor Day Festival with *Run or Walk a Crooked 5K for Meals on Wheels!*

Crooked Creek Park is the perfect setting for this 5K event. The course winds through rolling terrain and grassy pathways as it circles the athletic complex. The majority of the course is shaded with several small hills to challenge both runners and walkers.

5K run & walk entry fees includes a commemorative event t-shirt. T-shirts are only guaranteed to those registered by August 15. T-shirts can be picked up at the registration tent on race day. Additional t-shirts may be purchased for \$10.

***Participants must register by August 15 to ensure a race t-shirt.***

**After August 15, all fees increase \$10**

**Check-in/Start Time:** Check in begins at 7am on September 5th. The 5K Race begins at 8am and the Kids Run will begin following the conclusion of the 5K.

**Fees:** Runners: \$20 by Aug.15, \$30 after Aug.15

Walkers: \$10 by Aug.15, \$20 after Aug.15

Kids Fun Run: FREE

***Register Online***

***For more information, please call 345-6181***  
***Proceeds benefit the ICRC Meals-on-Wheels program***

**Crooked Creek Park**  
**1098 Old Lexington Highway**  
**Chapin, SC 29036**  
**(803) 345-6181**

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