

Major Sponsor of 5 Mile Run/Walk



Major Sponsor of the Kid's Fun-Run



THE RACE

- The Ammonoosuc Amble is a five-mile run/walk
- USA Track & Field Sanctioned
- The Kids Fun-Run is a half-mile run

SCHEDULE

- Registration opens 9:00 am
 - Walkers – Start 10:30 am
 - Kids Fun-Run – Start 10:45 am
 - Runners – Start 11:00 am
- Awards & lunch immediately following the race*

FEES

- **Five-mile run/walk:** \$15 in advance, \$25 on race day
- **Kid's Fun-Run:** Free to all, ages 5-13
Kids are encouraged to get friends and family to sponsor them – it's for a great cause and there are prizes too!

RACE DETAILS

- Family Friendly
- Water Stations on course
- Changing/Bathroom Facilities
- Childcare Available on Site
- Awards for Race Winners & Best Fundraisers!
- Great Food for all Racers
- Raffle Prizes, T-shirts & More!

THE KID'S FUN-RUN

is a free half-mile road race for children ages 5-13. We want to encourage our area youth to embrace a healthy lifestyle by enjoying this great event!

- All Fun-Run Participants get an official T-shirt!
- Prizes given for those who raise the most money in sponsorships!

PRIZES INCLUDE:

- A Specialized Hardrock Mountain Bike & Helmet! from Littleton Bike Shop
- Choice of a X-C Ski Package or Snowshoes! donated by Lahout's Country Clothing & Ski Shop
- Two Passes to Whale's Tale Water Park donated by Whale's Tale Water Park

17th Annual Ammonoosuc Amble April 10th 2010



...take the road to better health!



Register online at www.ammonoosucamble.org



**Ammonoosuc
Community Health Services, Inc.**

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