

THE LIQUID GOLD 2016 5K RACE

JOIN LOCAL RENO FAMILIES IN CELEBRATING WORLD
BREASTFEEDING WEEK BY PARTICIPATING IN THE
ANNUAL LIQUID GOLD 5K!

STAY FOR THE BIG LATCH ON AND MORE FUN AND
GAMES FOR THE WHOLE FAMILY INCLUDING MUSIC AND
KID-FRIENDLY VENDORS!

ALL 5K RUN PARTICIPANTS REGISTERING BY JULY 15
RECEIVE A T SHIRT & TOP PRIZES WILL BE AWARDED TO
THE OVERALL WINNERS AND THE 1ST STROLLER.

5K RACE REGISTRATION- 7AM	KIDS RACE START TIME
5K WALK/RUN START TIME- 8AM	(YOUNGEST KIDS FIRST)- 9:30AM
MOMMA MILE START TIME- 8:30AM	THE BIG LATCH ON- 10AM
LATCH ON REGISTRATION BEGINS- 9AM	KIDS FAIR- 8AM TO 12PM

UNIVERSITY OF NEVADA, RENO
AUGUST 6TH, 2016
7AM TO 12PM

MOMMY MILE, 5K WALKERS, & KIDS RACE \$5

5K RUN \$25

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