



SATURDAY, FEBRUARY 13, 2016 at 8:00 a.m.
Sponsored by Mike Dunn

Run With the Pack! Accept the challenge and push your limits. Casual runners and walkers are also welcome to join this fun, inclusive community event. The Timberwolf 5K Run/Walk, and the 1K Fun Run, feature breathtaking views, event t-shirts and the company of hundreds of friendly fitness enthusiasts. Proceeds from registration and sponsorships benefit Northwood High School and Families Forward, a local non-profit providing supported housing programs, counseling, food, referrals, school supplies, career coaching, and other services for families in crisis.

Register at www.timberwolf5k.com or use the QR code by February 10, 2016 for the best price.
\$35 General 5k, \$30 Student 5K, \$25 all 1k runners – price increases on Thursday, February 11, 2016



USATF-Certified Course
Chip timing
Age-Group Awards
Raffle and giveaways
Commemorative event t-shirt

Race Packet Pick Up: Thursday, February 11th from 1 to 8 p.m. at Northwood High School

Race Schedule:

6:30 to 7:00 a.m. warm up and final check in
7:00 to 8:00 a.m. 5k run/walk
9:00 a.m. 1k fun run/walk
9:15 Awards Ceremony
9:30 to 10:30 Post Race Activities

Support Families Forward, a community-based nonprofit agency that provides housing, counseling, food, referrals, school supplies, career coaching and other services to families in need. Bring pantry items to race check in (see flyer).