

5K & Pump n Go by NWO

Proceeds To Support Your Local
Athletic Booster Clubs

Pump n Go

Date: March 20, 2010

Time: 7:00 a.m.

Pre-register by: March 5, 2010

Location: NWO Orthopedics

5K

Date: March 20, 2010

Time: 9:30 a.m.

**Location: Findlay Evangelical
Free Church**

Entry fees:

- Pre-Registration - \$20.00
(Pump n Go participants must pre-register)
- On-Site Registration (5K Only) - \$25.00

Register online at [http://www.active.com/
event_detail.cfm?event_id=1832161](http://www.active.com/event_detail.cfm?event_id=1832161)

To download Registration forms, visit
www.FindlaySTRIDERS.com or

www.nwomedicine.com

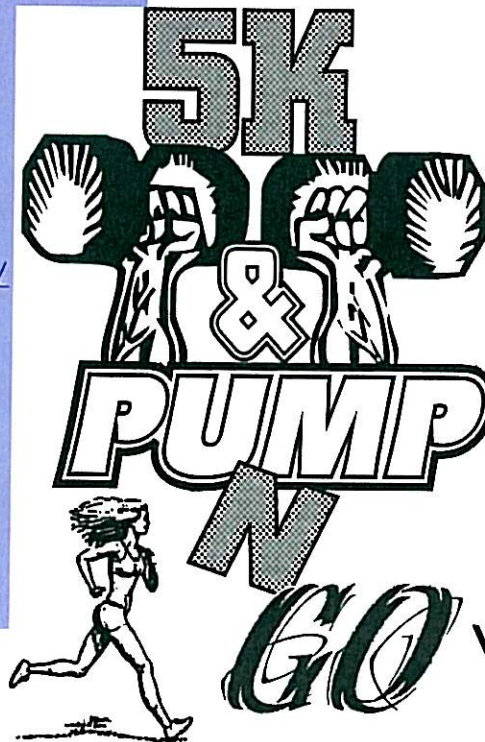
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BY NWO

GIVING BACK: NWO is collecting,
on race day, old running t-shirts and
shoes to donate to charity. **Please
remember to bring your donations.**

Contact Information: Joe Distel at 419-427-3103