

Cross Training

5K/10K Run

& 5K Walk

Friday May 19th, 2017



5:30-6:30 PM Race Day Registration

6:30 PM 10K Run/5K Walk Start

7:00 PM 5K Run Start

8:00 PM Awards and Post Race Celebration

Emanuel Old Stone Church
(6000 Congress Rd, Wooster)

The course: The 5K is an out and back on rural country roads. 10K is a lollipop course on rural country roads.

Benefitting: Appalachia Abundant Life Mission in West Virginia. *This is one of the poorest regions in the United States. Our missionaries there feed and clothe many families while telling them how much Jesus loves them.*

Entry Fee: \$25.00

T-shirt guaranteed if registered before May 5

Call the church @ 330-264-6882 for more information and to register. Or register on line at <http://crosstraining5k.zapevent.com>