

castle rock
health & fitness

5K 10K
1 mile
& kid's race
run/walk



Castle Rock Wellness Center Benefit

Saturday, June 2 ★ Quinter City Park

10k at 7:30 am, 5k at 8:00 am, 1 mile at 9:00 am (includes the final mile of the kid's marathon), 200 meter kid's race at 9:30 am

[\$18 fee before 5/21 • \$20 after 5/21 • \$25 on race day]

\$100 to the first male and female 5K and 10K finishers!

Medals to first place winners in each division & children 12 & under.

T-Shirts for all participants.

Men's & Women's age groups for all 3 races:

10 & under, 11-15, 16-20, 21-30, 31-40, 41-50, 51-60, 61-70, 71-80, 81 & over.

★ T-shirts/packet pick-up on Fri, June 1, 7:00 to 8:30 pm
and Sat June 2, 6:00 - 7:45 am at the City Park West Shelter.

Registration forms available at local businesses or go online at
<http://www.active.com/10k-race/quinter-ks/waldo-mcburney-race-2012>

Questions call 754-3403 or email dsgroe@yahoo.com

Sponsored by Castle Rock Health and Fitness