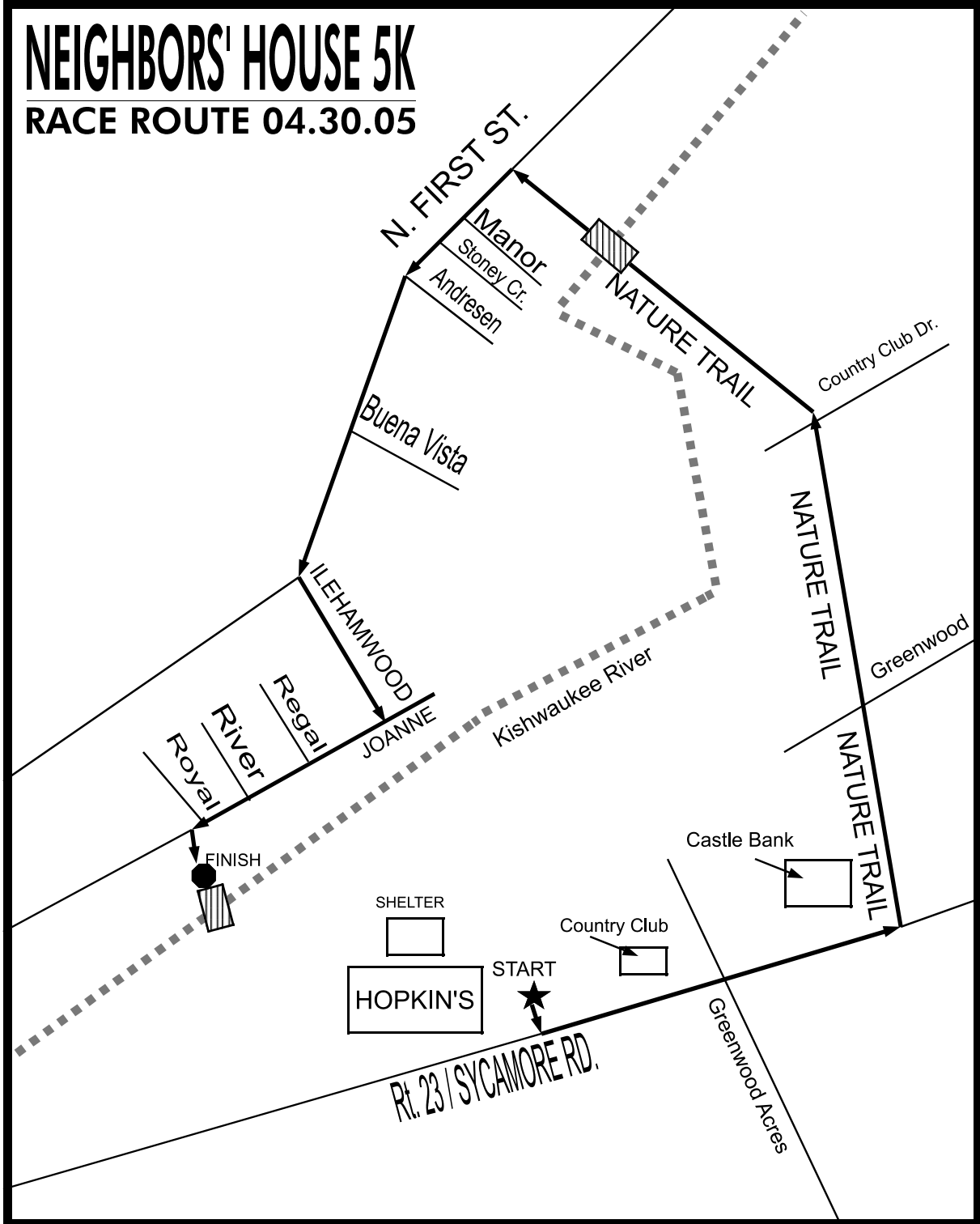


NEIGHBORS' HOUSE 5K

RACE ROUTE 04.30.05





NEIGHBORS' HOUSE

5K.RUN APR.30.05



WELCOME!

RESULTS:

Complete race results will be available at www.neighborshouse5k.com by Monday 5/2.

AWARDS:

Top female and male finishers will receive their awards at the beginning of the post-race raffle at the registration area. Please have your bib number. The post-race raffle is open to all participants. Have your bib number ready! A raffle for volunteers will follow.

T-SHIRT:

Race t-shirts are for participants only. Pre-registered participants can pick up their t-shirt at the registration table. A limited supply of t-shirts is available for day-of-race registrants on a first-come first-served basis.

RESTROOMS:

Portable toilets are available in the registration area and bathrooms are located on the south side of the shelter.

FIRST AID:

A-TEC Ambulance service will be stationed at the START/FINISH area.

WATER:

You can find water pre-race in the registration area, and bottles of water at the finish line.

REFRESHMENTS:

Following the race, participants can find water, Panera bagels and bananas in the registration area! Runners/walkers only!

RACE COURSE:

See back of this page.

To find out more about Neighbors' House after-school & summer programs, and/or to provide feedback on today's event, please e-mail:

NeighborsHouse@aol.com or visit: www.neighborshouse.org