The Rock Gym's "Know When To Run"

5K Poker Run & 1 Mile Fun Run

July 19th

7pm Fun Run

7:30pm 5K

Awesome Prizes!

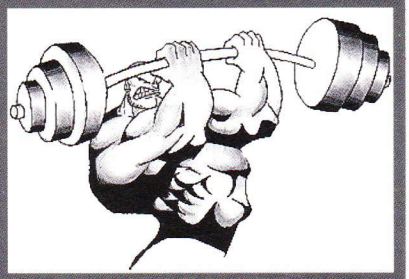
Fun For All!

JULY 19TH 2013
"KNOW WHEN TO RUN" 5K & 1MILE FUN RUN

$25 Entry if Pre-Registered Before Race Day
$30 Entry Day of Race
Enter by June 30th to Guarantee Race T-Shir

1 Mile Fun Run for Boys and Girls
Top Finishing Boy and Girl
Win a NEW BIKE!

5K Poker Run "Best Hand" Grand Prize
Fastest Overall Time Male and Female Prize
Medals for top 3 Finishers of Each Age Group



The Rock Gym, LLC.

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