

SAT. SEPT 6, 2014

10K / 5K & Walk

**6th
Annual**



POUND
the
GROUND
for
VETS

Mendon Ponds Park

***USATF Certified Courses**

Registration 8AM

Race Starts 9AM

“Iron Mike”

Top Finishers Trophy

Challenge Coin

Prizes by Age Group

Free T-Shirts

for first 250!

Collect Pledges to

Support Our

Veterans

**REGISTER NOW FOR
FREE LONG SLEEVE
T-SHIRT!**

\$25 until 8/31/14

\$30 after 9/1/14



www.VeteransOutreachCenter.org/PTG