



**WELLNESS
WARRIORS**

Catawba Nation 5k River Run

Trail & Pavement race course along the Catawba River



Be a Wellness Warrior!



Saturday, April 30, 2016

Location: Catawba Nation, starting line and parking at Tribal offices located at 996 Avenue of the Nation, Rock Hill, SC

Time: Race starts at 8:00am



Registration: Online at www.itsyourrace.com; race day registration opens at 6:30 am and closes at 7:30 am (see pricing info below)

Registration fees

\$25: Includes T-shirt if you register by April 12th

\$30 Race Day Registration

We will run rain or shine!

Prizes +medals

Overall male & female

Catawba Pottery & award

Age group awards for top male & female in each category

7 & under, 8 - 12, 13 - 15, 16 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69 & 70+

Everyone will receive a medal!

Further Questions:

Contact Elizabeth Harris
803-517-0533 or Tolani
Franks 803-280-2545



Sata Hari- Run Strong



Proceeds donated to: Catawba Spirit Sprinters

