



Join us for the **7th Annual Trot with Ted.!**

REGISTER NOW

www.empiretiming.com/events

- \$25 if pre-reg/postmarked by 11/17/19
 - \$30 Day of the race
 - Family cap of \$75 (Online registration avail)
- FREE Goodie bag & t-shirt if reg. by 11/17*

RACE DAY

- 8:00 am Sign in, Registration & Refreshments
 - 9:30 am 5K Run/Walk, 10K Run Starts
- Fun Run Immediately Following*

Sunday, December 1

Tantasqua High School, Fiskdale

Kids' Fun Run, crafts, raffles in the gym

FUN RUN **5K** RUN WALK **10K** RUN
for kids!

Sunday • December 1, 2019



TANTASQUA EDUCATION FOUNDATION

Fitness, Fun and Fundraising!

Trot with Ted. benefits the Tantasqua Education Foundation. For more information about sponsorship & volunteer opportunities, please visit **Tedfound.org**



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