

“Friends of the Poor” 5K Run/Walk



Saturday October 5th, 9am

Race starts and ends: New Ipswich Congregational Church
150 Main St, New Ipswich, NH

Adult Runner: **\$25**

17 and under: **\$10**

Walkers: Free

100% of the proceeds raised
will benefit the society of St.
Vincent de Paul and help
feed local families in need.

All runners who register by
Sept. 20th receive a
premium long sleeve shirt.
Race day registration for
runners is an additional \$5.

Runners & walkers are
encouraged to collect
pledges.



To register go to:

www.tri-state-racing.com