

## **NH 5K will be May 1**

Written by Administrator

Wednesday, 07 April 2010 00:00 - Last Updated Wednesday, 07 April 2010 11:41

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The 13<sup>th</sup> annual Family Fitness Day will be held Saturday, May 1 at Buffalo Trace Park.

The event will feature a “Buffalo Stampede” 5K Run and Fun Walk as well as “Bison Stampede” kid's races.

The event, which is hosted by the North Harrison High School Cross Country teams, will begin at 8:30 a.m.

There will be free admission to the park for those participating in the race.

Registration forms are available online at [www.harrisoncoparks.com](http://www.harrisoncoparks.com) or [www.pacersandracers.com](http://www.pacersandracers.com)

The “Buffalo Stampede” 5K Race is run over a fast, flat course beginning at the Main Shelter House, winding through Buffalo Trace Park following the park's walking/jogging trail around the beautiful 30 acre lake and ending back at the Main Shelter House.

There will be timers at each mile and a water station in the park, about midway through the course.

The 5K Fun Walk also begins at the main shelter house, at the same time, following the same course as the runners.

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The Bison Stampede (Kid's Races) begin at 11 a.m. And include a 1.25-mile race for 10-12 year olds to be run on the park's jogging/walking trail around Buffalo Trace Park's beautiful lake. Immediately following that race, the 7-9 year olds run a flat  $\frac{3}{4}$  mile race. Next, the 6 and under kids run a similar flat  $\frac{1}{4}$  mile race. Both of these races begin and end at the main shelter house where registration and awards are held.

The cost to enter the adult race is \$15 if received before April 10 and \$18 before April 30. The cost to participate is \$20 if registration is done on the day of the event.

The cost for the kids races are \$10 before April 10, \$12 before April 30 and \$15 on race day.

Awards include Grand Old Buffalo Award, which will be given to the oldest male or female runner for race day (not eligible for age group award).

Awards will be given to the top three male and female overall finishers, as well as the top three male and female winners in the 5K race age divisions. The top three overall winners are not eligible for the age group awards.

Age groups consist of 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64 and 65 and over.

Awards will be given to the top three boys' and girls' overall winners in each of the three separate kid's races. All participants in the kids' races will receive a ribbon of participation upon completion of the race.

For more information, call Jerry or Juanita Love at 812-364-6122.