

## Founder's Day 5K run/walk open practice night set for June 24

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The Charlestown Founder's Day 5K run/walk will have an open practice night for anyone participating in the event scheduled for Saturday, June 26.

On Thursday, June 24, beginning at 6 p.m. until dusk, runners and walkers can practice on the cross country course located at the Trail #2/Oak Shelter entrance. The course is well marked from start to the finish and a map of the course can be picked up at the park entrance. Bathrooms are available as well as a playground.

Make the start today to jog, walk or run on Saturday, June 26 and make this year the most successful in the history of the event and the start to a healthier you. You can still register on race day. Pick up an application at city hall, the Charlestown State Park, The Pirate's Cove Restaurant and various businesses throughout town.

Volunteers are also needed so if you can help in any way, please contact Race Director Jerri Ettl at [dogwoodgirl@aol.com](mailto:dogwoodgirl@aol.com) or 502 553 0331.