

5 K R U N / W A L K

# DASH for DIABETES

2023 5K  RAVENSWOOD, WV

**Saturday, June 10 | Riverfront Park | *Rain or Shine!***

**Registration: 7:00 AM > Race Time: 8:30 AM**

**REGISTRATION FEES:**

**Pre-Registration Fee** - (deadline May 19) Ages 18+ - \$20 | 17 & Under - \$10

**Regular Registration Fee** - (deadline June 10 at 8:00 am) Ages 18+ - \$25 | 17 & Under - \$15



\*Pre-Registration Due by May 19th to guarantee shirt\*

**TO REGISTER:** Visit [coplinhealth.com/5k](https://coplinhealth.com/5k)



All proceeds will go to Coplin Health Systems Diabetes Education Program and the Ravenswood Recreation Youth Program.

**RULES:** This is an RCRW series race. All rules must be followed regarding walking. If you register to walk, you must walk—no running. If you want to run and walk, register to run. Walkers who run will be disqualified.

**AWARDS:** Overall & Age Group Awards will be given to runners & walkers.

Online registration now available at:  
**COPLINHEALTH.COM/5K**



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[coplinhealth.com](https://coplinhealth.com)