

4th Annual
Ability^{1st}
WALK · RUN · ROLL
2010

WHEN: March 20, 2010

TIME: Registration: 9-10 a.m.
5K Run: 10 a.m.

WHERE: Myers Park

AWARDS: Overall M/F, Top M/F Masters (40+),
Top M/F Grandmasters (50+)

FEE: \$15/ person - includes t-shirt if received by March 19th
\$25/ person - Race day includes t-shirt

Come out and Enjoy
Live Music, Food, and Door Prizes

There are two ways to participate:

- 5K Run •
- 2 Mile Walk/Roll •

Registration and Donations: active.com or Ability1st.info

Contact: Judith Barrett (850) 575-9621 ext 101
or Race Director Emma Good (850) 894-3474



The Krizner Group

