

5K & 1 MILE FUN RUN & WALK

OCTOBER 8, 2023



FAMILY & STROLLER FRIENDLY!
EVERYONE WELCOME
to this COMMUNITY EVENT!

NORTHERN GUILFORD HIGH SCHOOL
7101 Spencer Dixon Rd.
1:00pm-1 MILE FUN RUN/WALK
1:30pm-5K RACE

Any questions? email:nghs5K@yahoo.com



REGISTER

VOLUNTEER



PARTICIPANTS & VOLUNTEERS EARN SERVICE HOURS!

www.runsignup.com

\$20 for 1 MILE \$30 for 5K

SEPTEMBER 9th: Price increases by \$5
SEPTEMBER 16th: Deadline for race gift
RACE DAY: Price increases additional \$5
STUDENT PRICE ALWAYS \$20 for either event

Accepting non-perishable food donations for:

GUILFORD BACKPACK MINISTRY

SERVING NORTHERN & NORTHWEST AREA SCHOOLS SINCE 2010

Platinum Sponsor:  **EmergeOrtho**



Hosted by:
Northern Guilford High School PTSA