

Come join the HRC for the inaugural 5K



Run/Walk on Friday, November 3<sup>rd</sup>!

Check-in at the Start Line in the Plaza at 2:00pm.

**The race will begin at 2:30pm sharp.**

Entry fee: Please bring three non-perishable food items for donation *or* \$5 cash. Please bring exact change.

All food and cash will be donated to the Community Food Bank of Grand Junction.

You can choose to run with a partner and each run one lap!



The first-ever CMU 5K course is now open! The Start/Finish line is located at the north end of the Plaza west of the University Center, marked by a large route sign! Just follow the GOLD Mav Head logos and arrows around the perimeter of campus. Two laps is equivalent to five kilometers, or roughly 3.11 miles.

See all route updates and additional info here: <http://www.coloradomesa.edu/rec-center/index.html>

For more information, please email [kholley@coloradomesa.edu](mailto:kholley@coloradomesa.edu)