

**FITNESS & FUN**  
for the whole family—  
including the pooch!

**Jump start your day with the Region's  
EARLIEST & BIGGEST EVENT** of its kind!!!

## Run for Research

### 5K Run/Walk & 1 Mile Stroll

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### Health & Wellness Expo

Pets & Strollers Welcome!      Funniest Dog Outfit Contest!



Online 5K Registration & Event Details  
[www.MSRunForResearch.org](http://www.MSRunForResearch.org)  
100% of proceeds benefit MS Research

Chip Timing managed by  
**BRYN MAWR RACING CO**  
[www.brynmawrracing.com](http://www.brynmawrracing.com)

**Saturday, Sept. 28, 2019**

★ 9AM–1PM (Rain or Shine) ★

Rise & Shine 8:30AM  
Yoga & Meditation Session

- Crossfit Gym Throw Down •
- 5K Awards • Fitness Contests

**WARMINSTER  
COMMUNITY PARK**  
(350 E. Bristol Road)

**FREE** Admission,  
**FREE** Parking, **FREE** Food!

- Over 50 Local Vendors •
- Family Entertainment
- DJ • Sports • Demos •
- Health Screenings
- Therapeutic Services •

★ **GIVEAWAYS!** ★

Complimentary Plush Bear to  
the first 50 kids (12 & under)! 