



# Creating Wellness 5K Family Walk/Run

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Saturday  
October 31



## Creating Wellness Family 5K & Picnic Proceeds to Benefit Reston Interfaith -A local non-profit organization-

The 5K will start on *The Green Trail*, one of our community's premier pedestrian-friendly spots. We have also added a 1 mile trail for those interested in participating. Runners, walkers, joggers, & their families will also have the unique experience to gather following the run for a Fall Community picnic and fun family activities. Healthy snacks and refreshments will be served. Children are encouraged to dress in their costumes.

Where: Bowman Green (Across from Reston Town Center)

When: Saturday- October 31, 2009

Time: Registration starts at 9:00 a.m.  
5K Run starts at 10:00am  
1 Mile starts at 10:30am

Registration, Map & Race Details:

[www.creatingwellnessatwork.com](http://www.creatingwellnessatwork.com) or call (703) 652-7550

We ask that all participants ages 10 and older contribute a minimum of a \$25 donation. Proceeds will benefit Reston Interfaith. Paid participants will receive a free T-shirt & admission into the community picnic.

Friends & Family Welcome.

JOIN US AS WE JOURNEY TO  
CREATING WELLNESS IN  
OUR COMMUNITY