

American Hiking Society's National Trails Day

5k Bay Fun Run & Hike

To celebrate the completion of the

Northwood Chesapeake Bay Trail



**Saturday, June 5, 2010
10:00 am to 12:00 pm**

**Kaplan Stadium
Northwood High School
919 University Blvd. West
Silver Spring**

- **FREE** family-friendly race. No registration required.
- Run or hike the new "Northwood Chesapeake Bay Trail," part of Northwood Cross Country Team's 5k course.
- Project ribbon-cutting celebration.
- Environmental and health exhibitors. Kids activities.
- Door prizes are being provided by event sponsors **Pacers** and Georgetown **North Face**.

**Find Your Happy Place on the
Northwood Chesapeake Bay Trail!**

Project sponsors:

