

5K Run/Walk



**Meadowlands Hospital's
3rd Annual 5K Run/Walk
Sunday, September 29th, 2013
@ 9 am**

Registration begins at 7:30am
Refreshments and Awards immediately after race

Please visit
[www.runsignup.com / mhmc5k](http://www.runsignup.com/mhmc5k)
for registration
\$25 before September 19th,
\$30 after and on day of race

**ALL PROCEEDS GO TO
AMERICAN HEART
ASSOCIATION**



Heart Walk.

For more information call 201-392-3397

