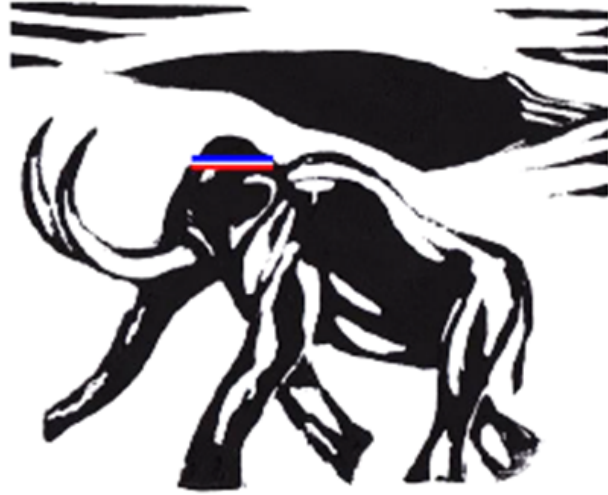


Salt Trail 5k



Saturday, September 3, 2016 at 8 AM ~
Saltville, Virginia

Fundraiser for:



Pre-Registration (until August 1): \$20 / \$10 (under 18/over 60 years old). Tee-shirts available to pre-registered runners.

Registration after August 1 and on race day: \$25 / \$15 (under 18/over 60). Tee-shirts available for first 25 to register, sizes first-come, first-serve.

Six age categories: 19 and under, 20-29, 30-39, 40-49, 50-59, & over 60
Medals go to the top 2 in each age category for Male and Female.

For more information or to Pre-register contact:

Carol Doss

(276)-628-1600

<http://www.upperriver.org/salt-trail-5k.html>