



This is a series of fun run/walks in the Wilderness Trace area of Central Kentucky. You must be registered in the Serres by **September 1, 2009** and have completed at least 8 of the 12 recognized events concluding at the Constitution 5k in Danville to receive your reward. Challenge yourself to be healthy and support the areas organized run/walks.

Registration in the Serres is a one time fee of **\$15.00** covering the cost of a specially appointed windbreaker. Individual run/walk entry fees are separate, payable to that event.

- May 2 - Haggin Hospital Sunrise 5K @ Shaker Village of Pleasant Hill 7:30am(walk)/8:00am
- May 8 - EMRMC Moonlight Mile, downtown Danville 7:30pm
- May 9 - Jennie Carol Memorial 5K, downtown Danville 8:00am
- May 23 - McDowell Wellness Center 10K, Danville 8:00am
- June 6 - Beef Festival Stampede 5K, Fort Harrod, Harrodsburg 8:00am
- June 13 - Brass Band 5K, Millennium Park, Danville 8:00am
- July 11 - Whitaker Bank 5K for Cancer, Garrard Co. H.S 8:00am
- July 18 - Run for Independence 5K, downtown Stanford 8:00am
- Aug 1 - Coach Plummer 5K (XC) & 1 mile (track), Admira Stadium, Danville... 7:45am(walk)/8:00am
- Aug 22 - Railroad Days 5K, Junction City Park 8:00am
- Sept 12 - Run for the Pets 5K/15k, Burgin 7:30am(15K)/8:00am(5K)
- Sept 20 - Constitution 5K, downtown Danville 5:00pm

On the internet go to **www.danvillebikeandfootwear.com** for more information and registration of the fun run/walks and other biking, running and walking events in the area. Also view current Serres registrants. Website master, David Anderson.

Registration:

Name: _____	
Address: _____	
City: _____	State: _____ Zip: _____
Phone: _____	E-Mail: _____
Jacket Size: S M L XL	

- Serres Sponsors:**
- Bluegrass Biomedical, Inc.
Rick Serres: 238-7015
 - Danville Bike and Footwear
Ernst Crown-Weber: 238-7669

Mail and make checks payable to: **Wilderness Trace Run/Walk Serres**
417 W. Main Street
Danville, KY 40422