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Empowering People...Enriching Lives

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HARC Will Host New Family-Friendly Heart & Sole 5K Run

HARC's Heart & Sole Awareness 5K run will offer early registration discounts for both individual runners and families. The event is scheduled for Saturday, October 2, and runners will enjoy a course designed within the Village of Herkimer.

Runners who pre-register before September 10, pay \$10 per person and they will receive 2010 Heart & Sole Run T-shirts. Families of four can also register by that date and pay a total of \$25 to run and for T-shirts. After September 10, and up until race day, the cost per runner becomes \$15.

HARC has planned the October 2, race to begin at 9 a.m., rain or shine, at the agency's newest site at 420 East German Street in Herkimer. Cash awards will be presented at a 10:15 a.m. ceremony to the top overall male and female winners, with trophies and certificates given to the top three male and female finishers in various age groups.

HARC Race Director Audrey Hartman comments, "We are so excited to bring a new, family-friendly run to the Village of Herkimer. We are hoping the pre-registration discount will attract runners, along with their families, to register early to come and run, to enjoy refreshments, to listen to music provided by Bug Country 99.7, and to learn about the animals brought by the Utica ZooMobile. Our goal as an agency is to continue to get to know our community while individuals learn more about us and the meaningful and vital programs we provide. Various information booths will be set up to share information."

Runners can pre-register by printing the registration form by visiting the agency's website and Upcoming Events section at www.herkimerarc.org. Additionally, runners can pre-register in person at 350 S. Washington Street in Herkimer, weekdays from 9 a.m. to 3 p.m., and up until Friday, October 1. Race day registration will be held from 7:30 a.m. to 8:30 a.m. at the race site at a cost of \$20 per runner.

HARC enables people with disabilities and others in our community to achieve full potential and to live enriched lives. For more information regarding the race and HARC, visit www.herkimerarc.org, call (315) 574-7000 or email ahartman@herkimerarc.org.



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