



New Milford River Run 5K & Kids' Superhero Sprint

to benefit the
Ostomy Awareness Foundation

Oct. 2 **Young's Field, New Milford**
- At New Milford RiverFest -

Superhero Sprint, 4 p.m.

- Dress up as favorite superhero
- Treat bags
- Awards

River Run 5K, 4:30 p.m.

- USATF certified 5K course
- Timing by iRunCT
- Awards and prizes
- T-shirts for first 100 registrants by Sept. 11

REGISTER AT [RUNSIGNUP.COM](https://www.runsignup.com)

search for River Run 5K & Kids Superhero Sprint



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