

# 5K Runs, Avon & Albany

*"Everyone in life is looking for a certain rush. Racing is where I get mine."* John Trautmann

## Avon Spunktacular Days 5K Run Saturday, June 18 at 8:00 a.m. Avon Beach, Avon

**Registration in advance** by May 31 for discount rate. Race day registration: 7:00 -7:45 a.m.

**Cost:** \$15/person by May 31; \$20 after May 31.

**5K/1K Run:** Free for children 10 years and younger.

**Course:** 3.1 miles on asphalt road around beautiful Avon. Water at the 1/2 way mark.

**Results:** Apple RaceberryJaM, [www.raceberryjam.com](http://www.raceberryjam.com)

## Albany Heritage Day 5K Run Saturday, August 6 at 8:00 a.m. Legion Park, Main Street, Albany

**Registration in advance** by July 15 for discount rate.

Race day registration:  
7:00 -7:45 a.m.

**Cost:** \$15/person by July 15; \$20 after July 15.



### 5K/1K Run:

Free for children 10 years and younger.

**Course:** 3.1 miles on asphalt road and trail on the Lake Wobegon Trail around Albany. Water at the 1/2 way mark.

**Results:** Apple RaceberryJaM, [www.raceberryjam.com](http://www.raceberryjam.com)

