

30TH ANNIVERSARY

WOMEN'S DISTANCE FESTIVAL

5K RUN • WALK

Presented By:



Join us

for a day of empowerment, camaraderie and wellness as we celebrate our 30th Anniversary Women's Distance Festival Run/Walk, Rockland County's exclusive 5K Run/Walk for women and girls only. More than 1,000 participants will lace up their sneakers on Saturday, July 8th all to benefit Center for Safety and Change, the only non-profit agency solely dedicated to serving victims and survivors of domestic violence, sexual assault, human trafficking, and other crimes in Rockland County.

SATURDAY, JULY 8, 2017 | 8:00^{AM}
ROCKLAND LAKE STATE PARK | CONGERS, NY

- 6:30^{AM} • Check-in Begins
 - 7:15^{AM} • Kids' Fun Run
Registration Closes
 - 7:30^{AM} • Kids' Fun Run Begins
 - 7:45^{AM} • 5K Registration Closes
 - 8:00^{AM} • 5K Race Begins
 - 8:10^{AM} • 5K Walk Begins
- Awards Ceremony to begin
between 8:45^{AM} and 9:00^{AM}

**We look forward to
seeing you on race day!**

For more information, please contact
Michael Seidenfrau at (845) 270-1025
or Irene Tsetsekos at (845) 634-3391



For **more information**
and to **register**, please visit:
<http://rocklandroadrunners.org/wdf>



All proceeds from the race will benefit

CENTER
FOR SAFETY & CHANGE

- Domestic Violence and Sexual Assault Services
- Strategies to End Gender-Based Violence
- Crime Victims Services

centerforsafetyandchange.org | info@centersc.org
Tel: (845) 634-3391 | Fax: (845) 634-3396
24-Hour Hotline: (845) 634-3344

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**CLICK HERE TO
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