

WHES Hero Run

5k Race/1k Fun Run

2400 Whittier Drive
Frederick, MD 21702



Sunday, October 20, 2019

- 8:30 am-1k Fun Run
- 9:00 am- 5k Run

Registration: <https://runsignup.com/Race/MD/Frederick/WHESHeroRun>

- \$30 Pre-registration for race (includes T-shirt)
- \$40 Day of race
- \$10 Fun run (includes Dog Tag)
- \$25 Virtual Runner (supporters who are unable to participate in person)

PTA sponsored activities the day of the race:

- Rita's Italian Ice
- Bounce House
- Face Painting
- Raffle Baskets