

# Alive & Well Costume Crawl 5K Run/Walk

October 28, 2017  
Richellen Park  
Timed Event 5K Run/Walk

## Event Times:

8 a.m. – Runners (No children or dogs allowed on race course)

9 a.m. – Walkers (Children and nice dogs welcome)

🦇 All participants will receive a t-shirt!

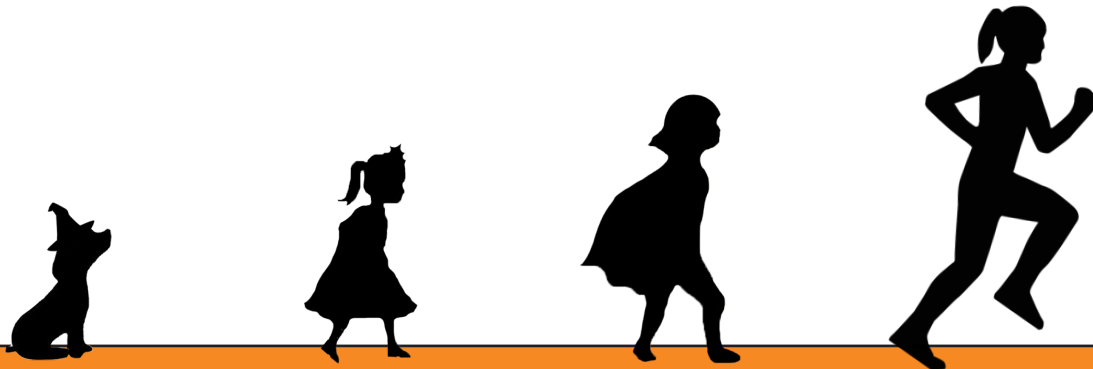
🦇 Gift card prizes and “bonus” points awarded to top runners in men’s and women’s divisions.

🦇 Be Alive points for all those who participate and “bonus” points for those wearing a costume.

**FREE** to all CMCSS and Montgomery County employees!

Must register by October 13<sup>th</sup>.

Go to <http://aliveandwell.cmcss.net/events.html> for more information.



Contact Katie Massman at [katie.massman@cmcss.net](mailto:katie.massman@cmcss.net) with questions.