

**Contact:** Kimberly Mroziak  
TCV MH/MR, Inc.  
412-351-0222 x420

**TCV MH/MR, Inc.  
Wilmerding YMCA  
Prevention Health Awareness 5 K Walk/Run**

Homestead, PA - TCV (Turtle Creek Valley) MH/MR, Inc. and the Wilmerding YMCA will be co-sponsoring the Prevention Health Awareness 5 K Walk/Run on June 3, 2006 at the Waterfront. Registration will begin at 7:30 AM at the Sandcastle Waterpark entrance. Runner race start will begin at 8:30 AM and walker race start will begin at 8:35 AM. Race course will run from the Waterfront entrance of Sandcastle to the Waterfront Eat N' Park and back.

**Event Fees:**

Individual Runner (Postmarked before May 30<sup>th</sup>): \$18.00, Individual Walker (Postmarked before May 30<sup>th</sup>): \$10.00, Family Walkers (2 adults over 21 and 2 children) (Postmarked before May 30<sup>th</sup>): \$30.00, Family Walkers (1 adult over 21 and 1 child) (Postmarked before May 30<sup>th</sup>): \$20.00, Race Day Registration Runners: \$20.00, Race Day Registration Walkers: \$12.00.

There will be an awards presentation at 9:30 AM and prizes for the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place runner finishers in 14 different age categories (12 to 70 years old).

Registration will be limited to the first 100 runners, 25 families, and 6 mental health organizational team groups.

The event promotes the overall health of individuals and families who live in Allegheny County.

Please log onto [www.tcv.net](http://www.tcv.net) for race registration form or contact Ken Soliday at (412) 823-9000 or Kym Mroziak at (412) 351-0222 ext.420 for further information.

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