

Be a Superhero...



Run for a Reason!

The Arc of the Central Chesapeake Region and The Bowen Foundation for Autism invite you to run, walk, or wheel to support individuals with intellectual and developmental disabilities.

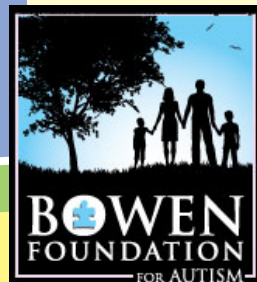
Third Annual 5K Run/Walk/Wheel September 19, 2010

Where: The Arc of the Central Chesapeake Region
931 Spa Road, Annapolis, MD 21401

Time: Registration - 7:30 AM • Race Time - 8:30 AM

Price: \$25 in advance, \$30 race day

Contact Kristen: 410.990.1900
or Register Online: www.active.com



www.TheArcCCR.org

www.BowenFoundation.org