




Northwest Trail Run

Looking for an adventure? Then join us for our 2nd Annual Northwest Trail Run!

Try the 5 or 10-mile race through beautiful Veteran Acres Park in Crystal Lake. The first 200 Registrants will receive a **FREE** Race Shirt! Registration is limited, sign up now to secure your spot and join the fun!

 **Centegra**
Health Bridge
Fitness Center

WELL BEYOND EXPECTATIONSM

Presented by:

MCO

McHENRY COUNTY ORTHOPAEDICS, S.C.

Keeping Bodies in Motion

Northwest Trail Run

Date/Time: **Sunday, November 13, 2011**
10 Mile Run - 8:30am start
5 Mile Run - 8:50am start

Location: Veteran Acres Park, Crystal Lake



Visit signmeup.com/77771
or call (815) 444-2900 today.

Centegra includes hospitals in McHenry and Woodstock, Immediate and Primary Care centers, Health Bridge Fitness Centers and more.



It's healthcare so good you don't have to leave McHenry County to stay well. (815) 444-2900 / healthbridgefitness.com