



# SPARROW'S NEST SUPERHERO 5K & FAMILY FUN DAY



# SEPT 10, 2017

8 am Registration / 9 am Start - *Kids 1 Mile Fun Run / 10:00 Start*

(Rain or shine)

Timed race

## JAMES BAIRD PARK

★ Pre-register\* by scanning QR code or online: [sparrowsnestcharity.org](http://sparrowsnestcharity.org)



\$35 Per 13 years and older

\$30 (HERO DISCOUNT) ID must be shown to pick up bib.

For all Military, First Responders, Medical Personnel and Team Sparrow 2017 runners.

\$20 Per Child 12+under

*(Register by August 25th to choose your shirt size)*

★ \*Register by 11:59pm on Sept 5th or pay additional \$10 per runner.

**Kids entertainment provided by Funzone  
Jukebox Junkies, vendors and more!!!**

## SPONSORS



Mid Hudson Regional Hospital • Bayhorse • Healthquest • LeClerc • Iheart Radio  
Cleveland Plumbing and Heating • Union Vale Fire Dept • Lola's Café • Simply Gourmet

**QUESTIONS? Email: [superhero@sparrowsnestcharity.org](mailto:superhero@sparrowsnestcharity.org)**