

THE SECOND ANNUAL

# NEWCASTLE 5K RUN/WALK



A 3.1 MILE JAUNT THROUGH NEWCASTLE PARKS AND BYWAYS



**SATURDAY,  
AUGUST 28, 2010**  
9:00 A.M.  
LAKE BOREN PARK

**General Registration:** Now through August 27 (noon)  
\$25 individual / \$20 group of 4+

**In-Store:** **The Balanced Athlete** at the Renton Landing  
Also at Seattle area FootZone and Road Runner Sports stores

**Online:** [www.active.com](http://www.active.com)

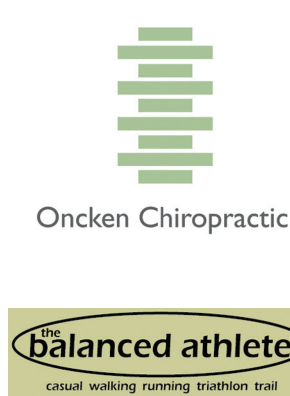
**Event Day:** Lake Boren Park, August 28 from 7 a.m. – 8 a.m.  
\$30 individual / \$25 group of 4+

[www.newcastle5k.com](http://www.newcastle5k.com)

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The 2010 Newcastle 5K is operated by the non-profit Newcastle Running Club in conjunction with the City of Newcastle, WA. Profits from the event will be used to fund future Newcastle runs, as well as a donation to the Hazen High School Cross Country and Track athletic programs.