

**SAVE THE DATE!**

***1st Annual  
Springfield Hospital Center  
Rehabilitation Services Department***

**Sun, Fun, Run  
5K Run & Family  
Fun Walk**

Starts and finishes at Sykesville Middle School, passing through Millard Cooper Park and Springfield Hospital Campus

**Amenities Include:**

- Hi-tech wicking t-shirts to all pre-registered participants
- Door prizes
- Refreshments

**Post Run Family Fun Day at Millard Cooper Park**

- Massages
- Face and nail painting
- 50/50 drawing
- Moon bounce
- Games
- Music
- Food



**Date: Saturday,  
September 26,  
2009**

**Time: 8:30 AM**

**Place: Sykesville  
Middle School**

**For registration and more information:  
[www.dhmd.state.md.us/springfield](http://www.dhmd.state.md.us/springfield)  
Email: [shc5krun@gmail.com](mailto:shc5krun@gmail.com)  
410-970-7180**

