



**SEPTEMBER 14, 2019**  
**STRIDES FOR THE GENERAL SCHEDULE**

<b>TIME</b>	<b>EVENT</b>
8:45 a.m.	Sign-in/Registration (Race Kit Pick-up)  Breakfast provided by Zarky's Entertainment by L'eau Down Sound Ongoing Activities in Event Village
9:30 a.m.	Opening Ceremonies Warm Up by Shift Fitness
10:00 a.m.	5K Walk (1 hour +)
10:15 a.m.	5K Run Start (20-50 min)
11:00 a.m.	Lunch provided by Subway Entertainment by L'eau Down Sound Ongoing Activities in Event Village
11:30 a.m.	Celebration Ceremonies Fundraising and Prize Announcements
12:00 pm to end	Entertainment by L'eau Down Sound