

# **RUN FOR THE AGES**

## **WALK/RUN/WHEEL**

### **WHEN**

**Saturday, May 09, 2015  
9:00 AM**

### **WHERE**

**Hawk Island County Park**

### **WHAT**

**Help promote and preserve  
independence and dignity by  
participating in TCOA's 2nd annual  
Run for the Ages 5K and 1 mile  
Walk/Run/Wheel**

**Walkers, strollers & wheelchairs welcome!**

**[www.tcoa.org](http://www.tcoa.org)**



**ALL AGES  
WELCOME!**

### **REGISTRATION**

**Registration available at  
[www.tcoa.org](http://www.tcoa.org) or at the  
event. Early registration  
discounts available until  
April 26, 2015.**

### **SPONSORSHIPS**

**Sponsorships available  
starting at only \$50,  
contact LeeAnna at  
[olsonl@tcoa.org](mailto:olsonl@tcoa.org) for  
more information.**

### **BENEFITING**

**Meals on Wheels &  
Tri-County Office on Aging  
Programs & Services**

