

COMTO Hampton Roads
in conjunction with
The Together We Can Foundation
presents the 2nd Annual



“Race For Fitness”
Sunday, September 19, 2010

Mount Trashmore

310 Edwin Drive Virginia Beach, VA • Picnic Shelter# 2

8:00-8:45 am On-site Registration
9:15 am Race Start

Registration:

\$15 Early registrants who pre-register on-line
\$20 On-site registration fee

“Supported by The Tidewater Striders”

ABOUT THE EVENT:
COMTO HR and TWCF have created a partnership/support system which will create permanent connections to help foster youth succeed in their transition into adulthood through professional development and mentoring.

COURSE DESCRIPTION:
3.12 mile race held on the paved trails of Mount Trashmore

*All race participants will receive a complimentary goodie bag.

*Refreshments to be served following the Race

PARKING: Free

FOR ADDITIONAL INFORMATION:
Call Tonya Whitehurst at 724.3528 or Prescott Sherrod at 679.4000.
Race information is also available on-line at www.comtohr.info, www.TWCFoundation.org, www.tidewaterstriders.com and www.runningetc.com.