

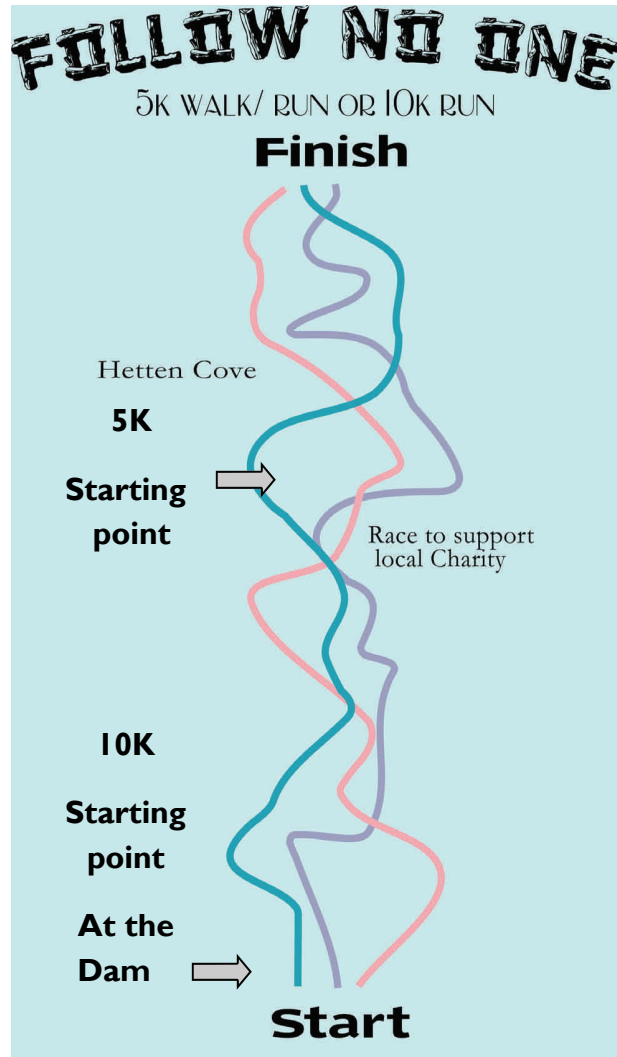
This is a spectacular  
racecourse

The race will benefit very  
worthy causes. We hope  
you will join us. Thank  
you for your time. If you  
have any questions, please  
do not hesitate to contact  
me via telephone or  
email.

Hetten Naturals

Julia Brownfield

Race Coordinator



**CONTACT:**

**JULIA BROWNFIELD:**

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Phone: 707-574-6268

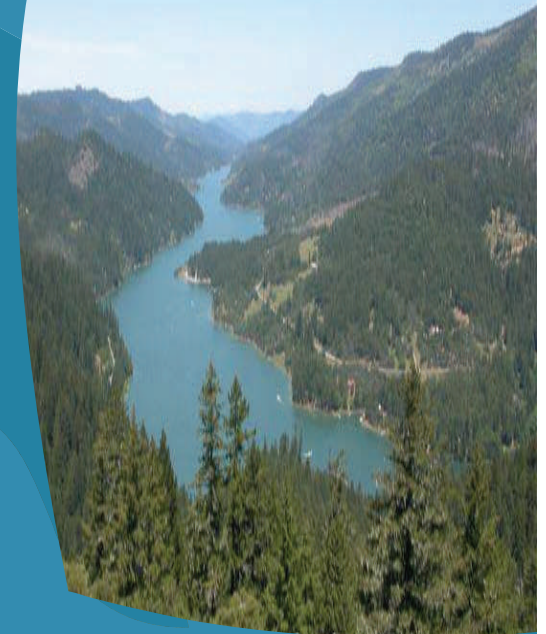
Email: [breezewayfrm@saber.net](mailto:breezewayfrm@saber.net)

# Follow No One

10K or 5K

Run, Walk, Cycle  
for charity.

Ruth Dam to  
Hetten Cove





Saturday,  
June 26, 2010  
Starting Time:

10:30 AM

Location:

Starting point:

10 K @ Ruth Dam.

5K @ 1/2 way mark

Finish:

Hetten Cove



## Race Details

- A non-profit event
- profits to be divided evenly among the chosen beneficiaries.
- A registration form, & directions to the race are enclosed.
- Race terrain: is a dirt road on gently rolling hills

Prizes to top 3 runners only  
Of each race

## 1ST ANNUAL FOLLOW NO ONE 5K & 10K

Race to benefit our local children of today for tomorrow

10 yrs. & under Free

**Cost:** \$35.00 -

includes a T-shirt & goodie bag - To be picked up during the event registration

## Beneficiaries are:

- Southern Trinity  
4-H Club  
Mad River, Ca
- a 4-year-old  
Leukemia patient  
residing in Willits, Ca

