



TSÉHOOTSOOÍ NAHATA'DZIIL NIHI DINE'É BÁ
Medical Center Health Center Wellness Center

Facilities of Fort Defiance Indian Hospital Board, Inc.

SUN RUN

5K Series

READY TO BEAT THE HEAT! JOIN US AND KICK START YOUR DAY WITH A **SUN RUN 5K RUN/WALK.**

Nihi Dine'é Bá Wellness will be hosting early morning run/walk series for the month of August.

Those who attend at least 4 Sun Runs will receive an incentive.

DATES & LOCATIONS

AUGUST 4TH, 13TH, 18TH, & 27TH

Window Rock Museum to Window Rock Veterans Park
 Window Rock, Arizona

Registration will be located at Window Rock Museum Parking lot

AUGUST 6TH, 11TH, 20TH, & 25TH

Saint Michaels Mission to intersection of RT 112 and HWY 264
 Saint Michaels, Arizona

Registration will be located at Saint Michaels Mission Parking lot

***EACH RUN/WALK WILL START AT 4:45 AM
 REGISTRATION OPENS AT 4:40 AM & CLOSSES AT 5:30 AM***

- **RUN / WALK WILL TAKE PLACE ON THE SIDE OF THE ROAD. HEADLAMPS AND VESTS ARE REQUIRED**
- **NO PETS ALLOWED • FREE EVENT**

For Information, Contact

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