



Supporting Local
Animal Shelters
and Local
Food Banks

Details:

Sunday, September 17, 2023
Timed/Chipped Race
Check-in/Register: 7:00 am
Start Time: 8:00 am EDT
Price: \$30.00 Race Fee + \$3.25 SignUp Fee

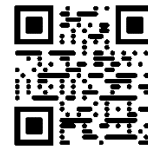
Registration price increases to \$45.00
(after September 9, 2023 at 11:59pm EDT)



Celebrating and Supporting
Families Challenged by a Prostate
Cancer Diagnosis and their Health
Care Teams

Details:

Saturday, September 23, 2023
Social Fun Run
Check-in/Register: 7:00 am
Start Time: 8:00am EDT
Price: Free Race Fee;
\$50 donation for t-shirt



Both races begin and end at the Armored Cow Brewing Company with an after-party:
8821 JW Clay Blvd #1
Charlotte, NC 28262

Health Guidance is proud to support these events as they support important initiatives in our local community. In addition, they will be the launch to a series of wellness programs Health Guidance will be offering this fall. For more serious and avid runners, the September 17th race will provide an opportunity for competitive racing. The Zero race on September 23rd will offer more of a “fun run” type event with more socializing, health awareness activities, and a little less competition. Whether you are a walker, jogger, runner, or couch potato, please consider supporting these events with your time, talent, and treasure. If you have no desire to walk/run the courses, consider a sponsorship or volunteering, as both are needed for successful events.

As an extra incentive to participate in both events, we are offering a specially designed piece of Armored Cow glassware to participants who sign up for both races. This unique gift will be presented at the September 23rd after-party event!



Health Guidance Center Foundation...Fostering Community Health and Well-being
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