

Pike/Wayne Region's **3<sup>rd</sup>** Annual  
**Pocono Fox Trot**

## 5K For Parkinson's Research

— SAVE THE DATE —  
**JUNE 17, 2017**

**5K**

RUN/WALK

**1 MILE**  
WALK

**KIDS DASH**

Create your  
own Team  
& win a  
Free Cap!

### LOCATION

Ann Street Park

In Beautiful Downtown Milford, PA

### TIME

**Check In:** 8:00 - 9:00 am, **Run Starts:** 9:00 am

**After Party:** 10:30 am

*Stick around for music, free food, a gift basket raffle,  
resource center and a whole lot of fun!*

**THIS EVENT IS RAIN OR SHINE!**

### REGISTRATION

Visit our website to register for the event or for more  
information: [www.PoconoFoxTrot5K.org](http://www.PoconoFoxTrot5K.org)

For more event or Parkinson's based information, email us at:  
[PoconoFoxTrot5k@gmail.com](mailto:PoconoFoxTrot5k@gmail.com)

Register by  
May 17, 2017  
to receive a  
**FREE T-SHIRT!**

To donate, please mail checks to Pocono FoxTrot 5K, Box 2776 Gold Key Lakes, Milford, PA 18337

All profits from this event will benefit the Michael J. Fox Foundation for Parkinson's Research!