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National Counseling Group, Inc.
Since 1993



Highland Springs Cross Country Program Presents



Race Registration is at Highland Springs High School Field House
Registration is 7:45am – 8:15am

Save Everyday

On The
Finest Quality
Foods



Supporting Students Through Fitness
1st Annual

Road Event & Teachers/Family/Students Fun Walk
Event Date: Saturday, October 11th, 2008

T-Shirts will be available to everyone that participates.

Starting Time: 8:30am – 5K Run

9:00am – 1 Mile Family/Teachers/Students Fun Walk

Entry Fee: \$10 registration, \$5 students

Awards:

Prizes will be raffled off following the 5k run. All participants of the 1 mile walk & 5k run are eligible to win

For More Information:

Coach Greg Ford, Highland Springs Cross Country Call (813) 774-0710

www.rolgallery.com – Reflections of Life Art Gallery, a proud sponsor

Bowl America
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Selling Art That Stimulates The Soul