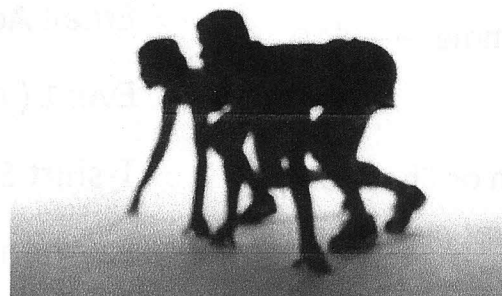


# 7th Annual Healthy Heart, Mind and soul Run



The 7th annual Healthy Heart, Mind and Soul Run will take place in beautiful Santa Clara Pueblo, which is located just 30 miles north of Santa Fe. As you enter Espanola from Santa Fe, take the first street light and continue across the bridge. Then take another left of Los Alamos Highway ( State Road 30) and continue 3 miles south until you see the entrance sign to Santa Clara Pueblo.

If you have any questions on the course please feel free to call our office at 505-692-6240. All proceeds will benefit the Kha P'o Running Club. Scenery and running make a good mix so come join us for the seventh annual Healthy Heart, Mind



## JULY 29TH 2012

### **Race Start Times**

10k ..... 7aM

5k ..... 8:30aM

1 MILE FITNESS WALK. ....

9:30aM

### **Race Divisions**

#### **10k&5k**

14 & UNDER, 15-19, 20-29, 30-39, 40-49, 50-59, 60+



### **Mail-In Registration**

KHA P'O RUNNING CLUB

PO BOX 580

ESPANOLA, NM 87532

### **Packet Pick-up/ Registration**

7/26-7/27 10aM TO 5PM

SANTA CLARA RECREATION CENTER

RACE DAY @ L ATE REGISTRATION TABLE  
6aM

### **Awards**

OVERALL MALE/FEMALE WINNERS FOR 10K/5K WILL RECEIVE A GIFT CERT. FROM HEART AND SOLE SPORTS 1, 2, 3RD PLACE MEDALS FOR EACH AGE DIVISION