



# Healthy Suffolk Peanut Fest 5K Run-Walk / 1 Mi Walk

Presented by Sentara

**Saturday, October 5, 2019**

Constant's Wharf & Marina - Suffolk, Virginia

Early registration is \$25 till September 19, 2019  
Visit [healthysuffolkva.org/5k](http://healthysuffolkva.org/5k) to register or for more information

- Fun events for all movement levels
- All Ages & Friendly Pets Welcome (Children 12 and under FREE with an adult)
- Check-in at 7:00 a.m on the Day of Events
- Warm-up at 7:30 a.m. - Race start at 8:00 a.m
- Trophies & Prize Drawings After Events
- Take part in a special Sentara Health Fair!
- Participate in a biking clinic
- All participants 13+ receive commemorative T-Shirt
- All participants receive medal for competing

