



Vestal Central School District

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It's Almost Time for the "Running of the Bears!"

It's time for "Running Bears" to lace up their sneakers for the annual "Running of the Bears" 5K Run/Walk on Saturday, March 30, 2019, at Vestal High School! Hosted by Vestal High School's Varsity Club and community sponsors, all proceeds from the race will be donated to Team Hopefull, a local non-profit organization funding research and support services for people with Prader-Willi Syndrome.

The free "Kids Fun Run" for children will begin at 9 a.m., with staggered race starts for walkers and runners at 9:30 and 10 a.m.

Pre-registration is open now, and Running Bears who register by March 15 will receive this year's one-of-a-kind, student-designed T-shirt. Race-day registration begins at 8:30 a.m., and fees are \$25 for adult runners and walkers or \$20/person for teams of eight or more. Student registration fees for Running Bear participants age 18 and under are \$20 per individual runner/walker and \$15/student for teams of eight or more. Or you can find the registration form online on the Vestal Central School District website – www.vestal.stier.org Click the link next to the Running Bear logo under "Vestal Central School District News" on the Home page.

Running Bears will take their marks on the starting line in front of the Vestal High School, 205 Woodlawn Drive, Vestal. For more information, visit the Running of the Bears 5K website at bears5k.itsyourrace.com

Prader Willi Syndrome is a complex genetic disorder affecting appetite, growth, metabolism and behavior. For more information, visit www.pwsausa.org.

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