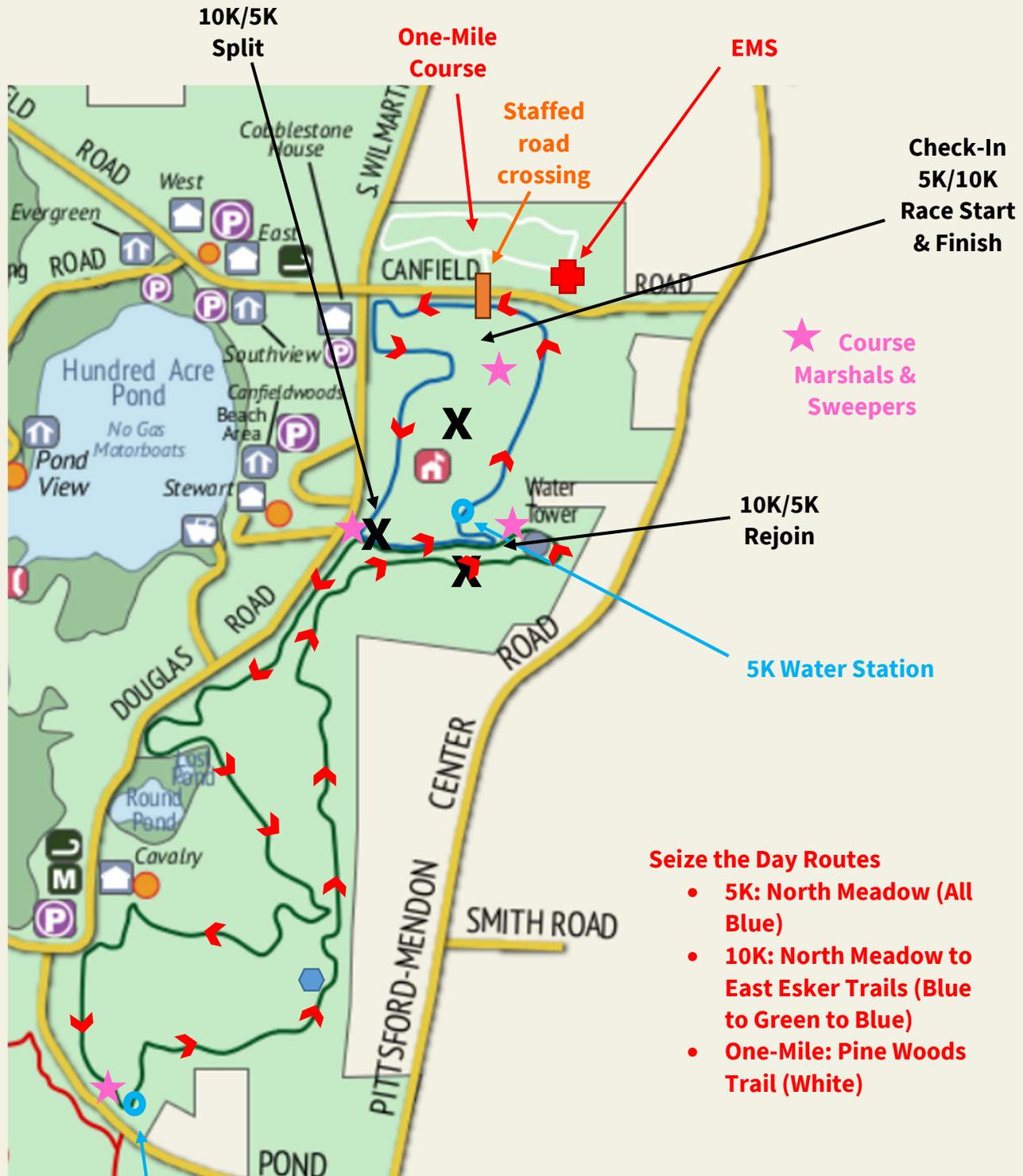


Seize the Day: Amer's Epilepsy Trail Run

10K, 5K & One-Mile Fun Run/Walk

Mendon Ponds Park



Trail markers and volunteers will be on both the 5K and 10K courses for directional assistance.