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Hudson Headwaters to Hold Annual Run to Benefit Children's Health

The Hudson Headwaters Health Foundation has scheduled its fourth annual Care for Kids 5K Run and Fitness Walk to benefit the pediatric program of Hudson Headwaters Health Network. The event will be held on Sunday, August 3 at 9:00 am. The entry fee is \$20 in advance and \$25 after July 30th. The first 400 participants will receive a t-shirt.

More information about the race, including the registration form and course map, can be found at <http://www.hhhn.org> or by calling 761-0300 ext. 160. Registrations are accepted the day of the race, and people of all ages are invited to participate.

The race course hugs the Schroon River in Chestertown for the first 1.5 miles before crossing over and heading east. The course ends at Suzie Q's Sunshine Café on the corner of Tannery Road and Route 8 in Brant Lake. Free transportation back to the beginning of the run is provided.

Event sponsors include Barton Mines, Cool Insuring Agency, Creative Stage Lighting, Glens Falls National Bank, Point O'Pines Camp, R&R Auto Rebuilders, Berness Bolton Excavating, Fitzgerald Brothers, Garnet Signs, Pepsi, The Point 100.3 FM, Quandts, Suzie Q's Sunshine Café, Sysco, and the Chester-Horicon Health Center Guild.

Hudson Headwaters Health Network is a not-for-profit system of 12 community health centers serving the Adirondack/Lake George/Glens Falls region. Hudson Headwaters' health centers will serve about 60,000 people this year, accounting for 260,000 patient visits. The Network provides more than \$2 million annually in charity health care and pharmaceutical discounts.

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