

Yoshaany Rahm

Community Harvest Run / Walk & Kids Fun Run (pre-K-6) Hosted by Ukiah High School

Saturday, October 19..UHS athletic fields

Kid's Run @ 9:30 ~ 5K Run / Walk @ 10:00am

Registration begins at 8:30... 17& under MUST have parent permission

Awards presented at finish line for TOP 10 overall Male & Female finisher.

Kids race... top 3 boys & girls, all finisher will receive finisher ribbons

\$15 Adults ~ \$5 Students ~ \$2 Kids Run

All proceeds go to support UHS Cross Country Program

The Course.... 5 K (3.1 miles)A challenging course consisting of dirt trails, grass, and pavement. Course provides excellent viewing for spectators.



Day of Races:

9:30 Kids Run (6th grade and under/ ~1200 meters)

10:00 Community Harvest Run (open to all)

11:00 HIGH SCHOOL INVITATIONAL RACES (varsity / jv boys and girls)

Questions: call Chad Raugewitz 391-4920
craugewitz@uusd.net or 205-5342

**** This day of racing is dedicated to Yoshaany Rahm. Yoshaany was a past Ukiah High runner that passed away in 2008. Yoshaany exemplified the spirit of the long distance runner. He will always be remembered for his***

courage and dedication to the sport. I hope that today you too can compete and celebrate as Yoshaany once did.