



The Tour de Potsdam 5K footrace takes walkers and runner of all ages on a tour through some of Potsdam's shaded streets.

Tour de Potsdam event features both walk, run

The St. Lawrence Health Initiative will sponsor the 9th Annual Tour de Potsdam Walk/Run, scheduled for July 8.

The 5K footrace is open to walkers and runners of all ages; families and organizations are invited to join in the fun.

The route, which takes walkers and runners on a tour through some of Potsdam's shaded streets, beginning and ending on Weaverly Street.

All of the proceeds from this race will support the Health Initiative's PATH program which provides preventive health screenings for cholesterol, blood sugar, blood pressure, and percent body fat, limited follow-up care for uninsured residents who have a positive finding at the screening events and prescription assistance to help residents find out which programs for which they may qualify.

In recent years, about 200 walkers and runners have participated. This is an excellent warm-up race for the Boiler Maker in Utica!

Since its inception, the Tour de Potsdam

has always been a true community event; with entrants ranging in age from 7 to 70, and in ability from casual "strollers" to competitive runners from across our region.

Medals will be awarded to the top three finishers in each race division and age bracket. The first 100 registrants receive free t-shirts, and refreshments will be provided for all racers.

Online registration and registration forms are available at www.gethealthyslc.org or participants may register the day of the event. Cost is \$20 prior to July 5. Entries must be received by June 25 to guarantee t-shirt size choice. Cost will be \$25 on race day. Kids 12 and under are free with a registered adult.

Race-day registration and check-in begins at 5 p.m. in the parking lot behind Potsdam Laundry on Beal Street. Walkers will depart at 6 p.m., with runners taking off at 6:30 p.m. Medals are awarded immediately following the race.

Call 261-4760, ext 223 for information.