



# 2023 Heywood's Healthy Harvest 5K

*Saturday, October 28, 2023*

**Run/Walk for Mental Health**

2022 HH5K Registration includes:

**Timed Runner Category**

**General (Not Timed) Runner/Walker Options**

**Health Fair Activities**

**Participant Gifts**

*Awards: top runners, largest team & most spirited!*

**ADULT Registration \$25**

Run/Walk 19+ yrs.

**YOUTH Registration \$15**

**Registration closes Oct. 23rd Sign Up Today!**

**[www.Heywood.org/HH5K](http://www.Heywood.org/HH5K)**

**Underwritten by:**

