

2023 RIVER VALE DAY

SCAN ME



REGISTRATION
\$25

Fitness
with Friends



5K

RUN/
WALK

Mark Lane Sports Complex, River Vale, NJ



SUNDAY
OCTOBER 1, 2023
START 8:30AM

MARK LANE COMPLEX

400 MARK LN, RIVER VALE, NJ 07675

FUN FOR ENTIRE FAMILY

FREE T-SHIRT

PROCEEDS DONATED TO
THE HELPING HAND FOOD PANTRY



FOR INFORMATION VISIT WWW.FITNESSWITHFRIENDS.NET