



# Northwest Trail Run 5 & 10 Mile

Presented by Centegra Health Bridge  
Fitness Center & McHenry County Orthopaedics

**Sunday, November 13, 2011**

8:30am start time (10 Mile)

8:50am start time (5 Mile)

Veteran Acres Park  
Crystal Lake, IL

Presented by:



**MCHENRY COUNTY ORTHOPAEDICS, S.C.**  
*Keeping Bodies in Motion*

**Centegra**  
Health Bridge  
Fitness Center  
WELL BEYOND EXPECTATION™

Water

Starnes  
Woods Park

Mile 4

Mile 3

Mile 2

Start/Finish

Veterans  
Acres Park

Mile 1

**Note:**  
The 10 Mile course will run the 5-Mile loop twice.

**To register:**  
Visit [signmeup.com/77771](http://signmeup.com/77771)  
Call (814) 444-2900 or visit any Centegra Health Bridge  
Fitness Center Location:

200 Congress Parkway Crystal Lake, IL	10450 Algonquin Road Huntley, IL 60142
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Visit us at [healthbridgefitness.com](http://healthbridgefitness.com) or call **(815) 444-2900**