

July 2009



Sonoma County Family YMCA

31st Annual YMCA Harvest Fair 3K/10K
Fun Run

Save the Date: Sunday, Oct. 4, 2009!

When times are tough, pace yourself...and there will be a whole group of us cheering you on from the time you take that first step until you cross the finish line! Whether you are 3 or 103, whether you have run with us the last 30 years or have never participated in a 3K/10K event, we invite you and the whole family to walk, run or skip with us on **Sunday, October 4th!**



Location: Sonoma County Fairgrounds

For more info: call (707) 545-9622

Look for entry forms coming in August!

All proceeds from the Harvest Fair Walk/Run go towards the YMCA Outreach program, which enables low-income kids and families in our community to participate in enriching programs that they would not otherwise be able to afford.

We build strong kids, strong families, strong communities.

The YMCA is a not-for-profit, community organization. Financial assistance is available.



Quick Links

Sonoma County Family YMCA
www.scfymca.org

Sonoma County Harvest Fair
[Harvest Fair 2009](#)

To Your Health!

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