



Mendota Trail

**Saturday,
October 22**

**in Benhams at
7720 Rich Valley Rd.
Bristol, VA**

Register:

- online at <https://www.athlinks.com/event/mendota-trail-cut-to-the-the-chase-5k-1-mile-runwalk-358575>
- print & mail from WeRunEvents.com
- onsite at 7:30 am

1 Mile walk/run: 8:30 am (untimed)

5K run/walk: 9:15 am (timed by We Run Events)

**Games & giveaways from Mountain Dew,
Long sleeve event shirt, Door prizes**