



Leprechaun Leap 5K set for March 19 in Belmont

BELMONT — Except for the recent bitter cold, winter has been so calm. Great for walking and running!

St. Patrick's Day is less than a month away, and we've got the perfect 5K to get you out of the house. Enjoy a nice, brisk walk or a competitive run while you envision the first signs of spring.

On Saturday, March 19 at 10 a.m., runners and walkers of all ages will be participating in the Fourth Annual Lakes Region Leprechaun Leap 5K in Belmont. It's a fun way to spend a Saturday morning. Just when you can't imagine one more



COURTESY

On Saturday, March 19 at 10 a.m., runners and walkers of all ages will be participating in the Fourth Annual Lakes Region Leprechaun Leap 5K in Belmont.

week of winter, the sun starts to get brighter and the days a bit warmer -- sure signs that spring is on its way.

The Leprechaun Leap is a nice end-of-winter/early spring 5K which

consists of relatively flat paved and unpaved roads (with a few hills just to make it interesting!). The event is held as a fun way to celebrate the St. Patrick's Day holiday and to promote a

healthy lifestyle in the Lakes Region. Fun-loving participants take this opportunity to sport their many shades of green, orange and gold by wearing costumes (encouraged, but not necessary), their favorite Celtics attire, or jazzy exercise gear. Take the baby out for a stroll in the jogger or bring the family dog on a leash with a little winter vest. Recruit the spouse, friend, children or pooch, and join us for our annual 5K Run/Walk.

Commemorative fleece headbands will be given to the first 50 pre-registrations that
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are received at Belmont Town Hall by Tuesday, March 15. Entry fee for pre-registrations, as well as day-of event registrations, is only \$10. Course map and registration forms can be picked up at Belmont Town Hall or

Belmont Library. They can also be printed from the Town of Belmont's Web site at www.belmontnh.org. Questions regarding this event can be directed to events@belmontnh.org or call Gretta Olson-Wilder at 998-3525. Get out and enjoy some fresh air and exercise!