

The Leprechaun Leap 5K March 11 promotes healthy lifestyles

BELMONT - Runners and walkers of all ages will participating in the 5th Annual Lakes Region Leprechaun Leap 5K in Belmont on March 11 at 10 a.m. Costumes are not required; however, many participants come dressed in their finest green, orange and gold attire to celebrate the upcoming holiday. The 5K starts and finishes in front of the Belmont Mill on Mill Street (behind the Belmont Public Library). Our challenging loop includes Concord St., Wareing Road, South Road, and Shaker Road. Prizes awarded for top finishers in Adult Male/Female, and Youth Male/Female divisions.

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. Take the baby out for a stroll in the jogger or bring the family dog on a leash. Recruit the spouse, friend, children or pooch for the annual 5K Fun Run/Walk. Entry fee for pre-registrations, as well as day-of event registrations, is only \$10. The first 50 preregistrations will receive a commemorative water bottle. Snacks and drinks available at the finish line. Course map and registration forms can be picked up at Belmont Town Hall or Belmont Public Library, or printed from the Town of Belmont's website at www.belmontnh.org. For more information, email events@belmontnh.org (mailto:events@belmontnh.org) or call Gretta Olson-Wilder at 998-3525. Get out and enjoy some fresh air and exercise!
