



OCTOBER 13, 2018 HELPING HANDS OF SMMHC 8K RUN OR 40K DUATHLON

Register Early

https://www.active.com/farmington-mo/running/distance-running-races/helping-hands-of-smmhc-40k-duathlon-2018?int=72-2-A1&clkmp=activecom_home_activityfeed_eventlisting

Helping Hands of SMMHC 40K duathlon allows participants to participate as an individual or as part of a two person team. Participants can choose to run the 8k course as an individual or run 4k and tag a team member to run the remaining 4k. In addition, participants can choose the duathlon. The duathlon consists of an 8k run and 32k bike ride. Individuals or teams of two (one runner and one biker) can participate in the duathlon.

**2 Person Teams
Allowed**

**\$30.00 for Single
\$50.00 for Teams**

**Register early
Race Shirts Limited**

**Pre-registration
7:30 a.m.**

**Event begins
9:00 a.m.**

**SMMHC is a Tobacco
Free Campus**

SMMHC PAVILION

1010 W. Columbia St
Farmington, MO 63640

<https://dmh.mo.gov/smmhc/auxiliary.html>