

Seminole  
Nation  
Days  
5K Run



1mile  
Fun  
Walk/  
Run

**FREE!**

**Saturday, Sept. 16th**

**FREE!**

**Seminole, OK**

**OPEN TO THE PUBLIC**

**Registration at the Seminole Municipal Building**

**Registration starts at 6:15 am**

**1 mile Run/Walk starts at 7:15 am**

**5K starts at 7:30 am**

***To avoid registration lines on the morning of the race—***

***Please pre-register by calling***

**1-800-390-5181 ext. 7364**

**1st, 2nd, & 3rd place  
recognitions for each age group**

**T-shirts for the first 100 to register  
Race medals to the first 100 5K finishers**



**Call Scott Robison at 405-257-7314 or Pam Gray at 405-257-7369  
for more information**

**Provided by the Seminole Nation of Oklahoma and the Wewoka Indian Health Center**

**Promoting Healthy Lifestyles and Diabetes Prevention**

**One step at a time!**