



WHEELS and HEELS 2019 SATURDAY, AUGUST 10



Join us for the
RIM Foundation's

HANDCYCLE RACE AND RUN

Lake St. Clair Metropark/Metro Beach • Harrison Twp., Michigan

9:00 AM 10K Competitive Handcycle Race ... **\$30**
(Prize Money Awarded)

9:10 AM 5K Handcycle Race **\$20**

9:20 AM 5K Recreational Run and Walk **\$20**

9:20 AM 5K Amputee Competitive Run **\$30**
(Prize Money Awarded)

**Thank you
to our sponsors**



For more information and to register visit
www.rimfoundation.org/wheelsandheels2019