

2009  
Elizabeth City, NC

# Waterway 5K

**Saturday, September 19, 2009**

**Newbegun Land Boat Ramp  
Elizabeth City, North Carolina**

**Packet Pickup**

6:30 a.m.

**5K Run/Walk**

9:00 a.m.

**1 Mile Fun Run**

10:00 a.m.

**Information and Registration:**

**252-384-4446 or [www.waterway5k.org](http://www.waterway5k.org)**

Proceeds benefit the Albemarle Hospital Founda-  
tion Free Screening Mammogram Program.

