

4th Annual

Hercules 10K on the Harbor

In support of the



Sunday, October 22nd

Race Time 9:15 a.m.

Stony Brook Village Center



Live Bands
Along the Course!



Scenic, Challenging, On & Off-Road 10K Course

Entry Fees

- ⌘ 10K Run - \$35 pre-October 1st registration, \$45 day-of
- ⌘ Three Events - 10K Run/ 4K & 6K Fun Walk
- ⌘ Strollers are not permitted
- ⌘ Proceeds donated to Stony Brook Hospital Cancer Research Center

Amenities

- ⌘ This is a USATF sanctioned race
- ⌘ T-shirt guaranteed to pre-registrants
- ⌘ Computerized scoring and timing
- ⌘ Age group awards
- ⌘ 1 Free Montauk Draft for finishers over 21 at Brew Cheese Stony Brook



Are You Tough Enough to Conquer the Hercules?

Presented by the Ward Melville Heritage Organization

Race Information: www.wmho.org/WFB • Phone: 631-854-1650



@Hercules on the harbor



@hercules10k



herculesontheharbor10k@gmail.com

