

# Deerfield Veterinary Clinic Catamount 5k

Sunday, November 7, 9 am

at the Deerfield Fair Grounds.

This race is perfect for serious runners as well as family groups and walkers, and there will be a ***free kids' run*** for children 8 and under.

*Enjoy swag bag freebies, pre-race warmup and  
free refreshments.*

*Medals and prizes for all age groups.*

**Register now at [catamountwomenaid.org](http://catamountwomenaid.org).**

Early registrants get reduced ticket rates and the first 100  
will get free fleece hats!

All proceeds benefit Catamount Womenaid, a non-profit that provides emergency financial assistance to men, women and children in Barnstead, Deerfield, Epsom, Northwood, Pittsfield and Strafford.