

Deerfield Veterinary Clinic Catamount 5k on November 7

All members of the family will enjoy running or walking at the Deerfield Veterinary Clinic Catamount 5k at the Deerfield Fairgrounds on Sunday, November 7 at 9 am. The course is well marked and safe with varied terrain, making it interesting and challenging. *Kids 8 and under can race in the Fun Run for free at 9:45.* Register now at catamountwomensaid.org. to be eligible for a free hat and a swag bag and to get the pre-race rates: kids under 12, \$15 and adults, \$22. There is also a virtual option for those who want their choice of time and place.

All race proceeds go to Catamount Womenaid, a NH nonprofit that provides financial assistance to men, women and children in Barnstead, Epsom, Northwood, Pittsfield and Strafford. Major race sponsors are the Deerfield Veterinary Clinic, Northeast Delta Dental, Globe Manufacturing, East Coast Signals and Kelley Family Properties.

Turn your clocks back the night before for an extra hour of sleep. Enter the Deerfield Fairgrounds (34 Stage Road, Deerfield) at the main entrance. For more information, visit catamountwomensaid.org and follow Catamount Womenaid news on Facebook @catamountwomensaid and @catamount5k.