



Sponsored by:



MICHAEL DAVID
B S T . W I N E R Y ° 1 9 8 4



Sunday, August 4th - 8:00 am start

Join us for the 7th annual Gary Long S.H.E. 365 on Sunday, August 4th at Michael David Winery. This women's 5K & 10K will run past the vineyards of Lodi, with mustard seed in full bloom. Enjoy a champagne flute, mimosa, fresh fruit, chocolate, catered lunch, women's finisher shirt, custom jewelry, bundtini's, finish on the red carpet, custom finisher medal, entertainment and more with your registration fee. Top 3 overall winners receive a bottle of Michael David Champagne. 3 deep in age division awards. Feel secure, be healthy and empower yourselves with all your girlfriends and family.

*** BE HAPPY AND HEALTHY ***



Where: Michael David Winery—4580 W. Highway 12, 95242

When: Sunday, August 4th / Start 10K—8:00 am / 8:15 am 5K

Fees: \$50 postmarked before July 15th / \$55 July 16th—August 3rd / \$60 race day
Online registration available at onyourmarkevents.com or fleetfeetstockton.com

**For more information call 795-7832 or visit www.fleetfeetstockton.com
or www.onyourmarkevents.com**

2019 S.H.E. 365 5K & 10K—Secure, Health, Empowerment

**Mail form and entry fee to:
postmark no later than 1
week before event**



**OYME
P.O. BOX 1199
ARNOLD, CA 95223-1199
209-795-7832**

Last name First name

Address

City State Zip

Phone Email

Circle your event

5K 10K

Gender / Race day age

Race waiver to be signed day of the event to participate. Anyone under the age of 18 will need a parent or legal guardian to sign.