

14th Annual Mystic River Herring Run & Paddle

Run, Walk, or Paddle for the Fish!

Sunday, May 16th, 2010

DCR Blessing of the Bay Boathouse, 32 Shore Drive
Somerville, MA.

5K run/walk begins at 9am

3, 9 or 12 mile paddle begins at 10:30am

Register today at www.mysticriver.org!



Run or walk on a USATF certified course along the Mystic River bike path, dashing past thousands of herring returning from the ocean to the Mystic River. If running isn't your style, hop in your canoe or kayak and follow the herring up the river toward the Mystic Lakes, along a 3, 9 or 12-mile course. Compete in both races and be eligible for the **Iron Herring Award** for the fastest overall time in the 5K road race and the 12-mile paddle. *New this year* – Corporate teams! Get 3 or more co-workers to compete as a team.

Do you need a boat for the race? Call Mark at 617-965-5110 for details and to reserve a boat.

All proceeds benefit the Mystic River Watershed Association.

CALLING ALL VOLUNTEERS

The Festival is always a huge success and could not be done without the help of **volunteers** and local businesses who charitably support the festival. Are you interested in helping out or making a **tax-deductible donation**? Contact Beth at beth@mysticriver.org or 781-316-3438 for more information.