

# WELLFEST! 2011 Event Schedule

EVENT	TIME	LOCATION/INSTRUCTIONS
<b>Registration</b>	<b>8:00-10:00</b>	Community Building/Everyone must register – even if your events are free!
<b>5K Run Race Begins</b>	<b>9:00</b>	Intersection of Ashley and College
<b>Ultimate Frisbee</b>	<b>9:30-1:00</b>	Bob Henry Park by sand volleyball
<b>Family Fun Challenge</b>	<b>9:30-1:00</b>	Throughout Bob Henry Park
<b>Fresh Start</b>	<b>9:30-1:00</b>	On grass area by Community Bldg.
<b>1 Mile Fun Run</b>	<b>9:45</b>	Intersection of Ashley and College
<b>Culinary Delights</b>	<b>10:00-1:00</b>	Inside Community Bldg.
<b>5K Bike Ride Begins</b>	<b>10:15</b>	Intersection of University & Mt. Olive/be there at <b>10:00</b> for safety check; <b>HELMET REQUIRED TO RIDE</b>
<b>10K Bike Ride Begins</b>	<b>10:15</b>	Intersection of University & Mt. Olive/be there at <b>10:00</b> for safety check; <b>HELMET REQUIRED TO RIDE</b>
<b>Door Prizes/Announcements</b>	<b>1:00</b>	Outside Community Bldg.