



Join us for the

# Boston 10k

**April 13, 2024, 9 am**

## ***Lower Neponset River Trail***

Join us for the Boston 10k - Flat and Fast. The course is a lollipop course. Starting out at Lower Neponset River Trailhead heading north 0.5 miles and turn around (loop) back and south for 1 mile and back. Run the course twice for the 10k. Water and gel stations at 1 mile, 3.1 miles and 4 miles. First Aid and CPR trained personnel on the course. For the 10k Top 3 male and top 3 female win a \$20 gift card to Red Lobster. The course is chip timed (on your bib). Bib and race packet pick up opens at 8 am on race day. All runners receive a custom designed Boston 10k T-shirt. All finishers receive a Boston 10k medallion, and Fruit and Gatorade at the water stations and finish. Photo finish at the end so please have your bib on your front torso. Kid's 1k starts at 10 am and if they beat the Red Lobster, they win a prize. **Register at [SammamishRunning.com](https://SammamishRunning.com)**