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Dads Run for Free at Arc Herkimer's June 5K Run

To celebrate Dads during Father's Day weekend, Arc Herkimer is hosting the Heart & Sole Awareness 5K with a wheelchair division on Saturday, June 15 in concert with a day-long community celebration at Arc Park. Dads will run free when a family member signs up to participate in the 5K.

Arc Herkimer will also host a free kids run throughout Arc Park beginning at 9:45 a.m.

The run is scheduled to start, rain or shine, at 9 a.m. at Arc Park, 420 East German Street in Herkimer, NY and will loop throughout the Village of Herkimer. Until May 31, runners can register for \$10 (no run shirt) and \$20 (includes run shirt) for the 5K. After May 31, the race fee is \$15 without a run shirt.

All runners, adults and children, can register online at [archerkimer.org/under/upcoming events](http://archerkimer.org/under/upcoming-events) until Wednesday, June 12. Additionally, runners can register by mail or in person at 350 South Washington Street in Herkimer, Monday through Friday, 9 a.m. to 3 p.m. Day of event registration will be held at the run site from 7:30 a.m. to 8:30 a.m.

Proceeds from the Heart & Sole Awareness 5K Run will help support people with disabilities and unfunded and underfunded programs at Arc Herkimer.

Cash awards will be presented at a post-race ceremony to each top overall male and female 5K winner, with prizes given to the first male and female finishers and medals to second and third place winners in various age groups, including 10 and under to 60 and over. Refreshments will be served before and after the runs. All registered 5K runners will be eligible for raffles and prizes that include local dining and store certificates, and more. Runners must be present to win.

For more information regarding the community celebration, runs or to download a flyer and registration form, visit www.archerkimer.org or call Special Events and Fundraising Manager Kristen Smith at (315) 574-7353.

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