

CAN'T SIT STILL RUN/WALK

**SUNDAY,
APRIL 27, 2025
9:00 AM**



**\$30 5K
\$20 ONE MILE
INCLUDES T-SHIRT**

Parking available at 110 Noblestown Road, Carnegie, PA 15106 (Municipal Yard).

Beautiful, measured, professionally timed 5K course on Panhandle Trail.

8:00-8:45am Check In

9:00am 5K Run/Walk

9:15am One Mile Run/Walk

Registration Deadline (to guarantee T-shirt): April 8, 2024

Awards for 5K top-3 male & female finishers.

Certificates for top male & female finishers in decade age categories.

Register or Sponsor online at:

<https://runsignup.com/Race/PA/Carnegie/CantSitStillRunWalk>

Register



Sponsor



Run to support:



providing information, education, support and disability advocacy for individuals with Tourette Syndrome and their family members.