

# Saturday May 12<sup>th</sup>, 2018

## Hickok Center for Brain Injury

**7<sup>th</sup> ANNUAL** ADP Helmet Heroes Memorial  
Run (5k & 10k) & Bike Circuit Races (25 & 40 miles)

*In Memory of Andrew Parmeter:*

*Proceeds to Benefit:*



The mission of the Hickok Center is to provide a safe, supportive environment that encourages people with brain injuries and other neurological challenges to design and direct their own life journey

### Stewart Lodge at Mendon Ponds Park

**Cash Prizes!**

#### Race Times

10k Starts at 9am  
5k Starts at 9:15am  
1 Mile Fun Run/Walk at 9:30am  
40 mile Bike Circuit Race Starts at 12:30pm  
25 mile Bike Circuit Race Starts at 12:35pm

**Fun for the Whole Family!!**

#### Register At

For Run - [itsyourrace.com](http://itsyourrace.com)  
For Bike - [bikereg.com/hhcr](http://bikereg.com/hhcr)

### Silent Auction – Great Food – Music

*Sponsored & Supported by:*



*Presented & Sanctioned by:*

*Timed by:*

