



# Run for Shelter 5K

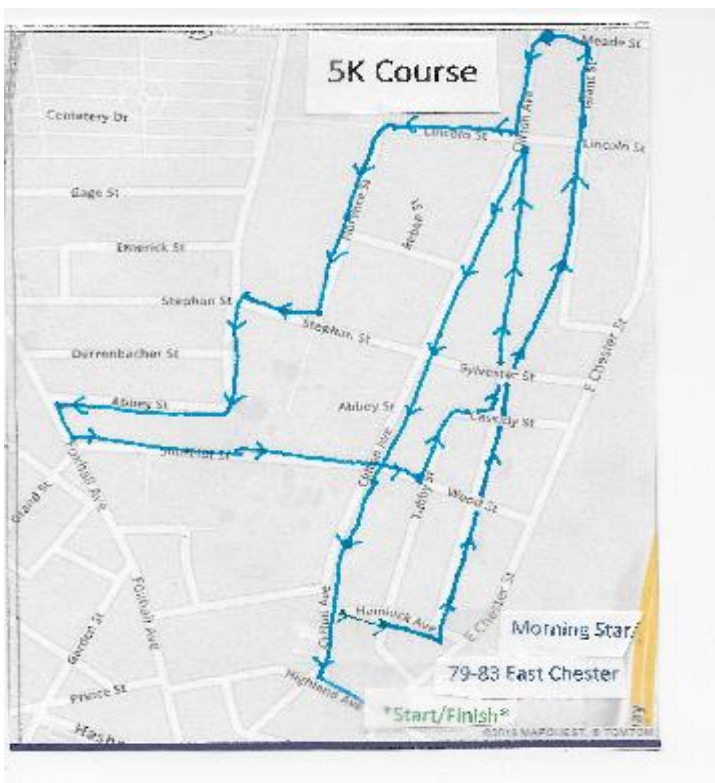
Saturday, October 22, 2022 – 9am

Morning Star Christian Fellowship is sponsoring a 2<sup>nd</sup> annual 5K run/walk with all proceeds going to support **local area homeless shelters and Transformation Life Center (TLC)**. Come join us on Saturday morning, October 22, 2022, for this challenging 5K run/walk (walkers are welcome!!!). The course winds through the neighborhood between East Chester and Foxhall Streets, taking ‘advantage’ of hills on both sides of Clifton Avenue (the ‘backbone’ of the course), and passing twice through Hutton Park. A scenic view of the Catskills is included. The event will have special awards and prizes. T-shirts will be given to the first 75 registrants. There will be a “virtual run” option, however ORC Grand Prix participants must run the in-person race. To register go to <https://www.zippyreg.com/register/msrunforshelter> Entry fee is \$20 with option for additional donations. Last minute event day registration can be done in person between 8:00 – 8:45 am.



“You have been a refuge for the poor, a refuge for the needy in their distress, a **shelter** from the storm and a shade from the heat.” -Isaiah 25:4

**Onteora Runners’ Club Grand Prix Event Race #10 of 2022**



Start and finish are at the Morning Star building (formerly Good Shepherd School), corner of East Chester and Highland (79-83 East Chester) in Kingston.

