

# 2019 WALK/RUN FOR KIDNEYS

Make a difference for those living with kidney  
disease in your local community!



**Food**  
**Entertainment**  
**Kids Activities**  
**Family Fun!**

**Free to walk!**  
**Registration fee for runners**

**RICK RASPANTE MEMORIAL WALK/5k - APRIL 28th**  
**at Moreau State Park, Saratoga Springs**

**HESSON 2K WALK & LACHANCE 5k - JUNE 9th**  
**at Cass Park, Ithaca**

**ALBANY REGIONAL TRI-CITY WALK/5k/10k - JUNE 23rd**  
**at Schenectady's Central Park**

Register at [www.healthykidneys.org](http://www.healthykidneys.org)  
Email [info@healthykidneys.org](mailto:info@healthykidneys.org) or call 518-533-7880