

# Baby Bib 5k Trail Walk/Run



October 12th | 10 am - 3 pm  
Van Scott Nature Reserve  
of the Delaware Highlands Conservancy



571 Perkins Pond Rd | Beach Lake, PA 18405

**5k Trail  
Walk/Run**

Hiking + Baby  
carriers welcome

**Intro to  
Meditation**

with Erik Cordova

**Music**

from Keller Sound  
Entertainment

## WHAT YOU NEED TO KNOW

- ✓ Scan QR code for Registration. Can't make it? Join from anywhere with a Facebook live kickoff
- ✓ All ages welcome! Bring Baby/Hiking Carriers as the trails are not stroller friendly
- ✓ Along the route, water stations and first aid will be available. Reusable water bottles are encouraged.
- ✓ Registration Fees: \$35
- ✓ Commemorative T-shirts and long sleeve shirts available for purchase here: <https://www.raiseyourhearts.org/shop/baby-bib-5k>



**10 am  
Facebook  
Live Kickoff!**

**Food  
Truck**

**Nature  
Scavenger  
Hunt**

**Craft  
Table**

Raising Awareness for Pregnancy and Infant Loss Awareness Month

RAISE Your Hearts is a registered 501(c)(3) in Pike County, PA

[www.RAISEYourHearts.org](http://www.RAISEYourHearts.org)

*A special thanks to our sponsors:*

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