

lake  
champlain

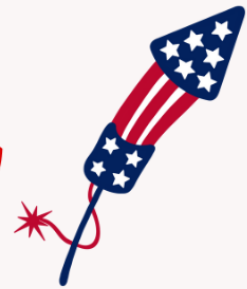
YOGA  
&  
WELLNESS



# Essex Annual

Proceeds Benefit  
High Peaks  
Hospice

## 6.5K Firecracker Run/Walk



July 4th @ 8am

- ★ Commemorative T-Shirts for All Attendees with Online Registration
- ★ Kids Fun Run @9:15 - Begins in Downtown Essex
- ★ Prizes For Age Group Winners
- ★ Parade & Festivities in Essex After the Run



SCAN ME

RACE BEGINS 8AM @LAKE CHAMPLAIN YOGA &  
WELLNESS~ 2885 ESSEX ROAD, ESSEX, NY 12936

Scan QR code to Register Online or Register @7am on the 4th