



Saturday, 9/20/2014 from 7:00 a.m. - 3:00 p.m.



## Schedule of Events

7:00 a.m. - 11:00 a.m. Registration inside Lodge

8:00 a.m. 60-Mile Cyclists Depart

8:30 a.m 25-Mile Cyclists Depart

9:15 a.m. Welcome by Rick Rutter, WJZ Reporter

and Warm-Up with Jacob Lupo of Brick Bodies

9:30 a.m. 12-Mile Cyclists Depart

10:00 a.m. 5K Run/Walk Begins

11:15 a.m. Medal Ceremony

Official Opening of Family Festival Crab Feast

Solo Performance by **Nicholas Cellinese** from My Useless

Self

Welcome by Erik Sauer, Chairman & Founder and

Russ Weber, Board President

1:00 pm Performance by **School of Rock AllStars** Taylor & Evan

1:45 p.m. Raffle Winners Announced

2:00 pm Performance by *The Break* 

3:00 p.m. Hero-Palooza 2014 Ends