

Local Ranch To Host Trail Run To Benefit Hurting Children & Animals

Contributed

GASTONIA, N.C. - Bit of Hope Ranch is one of the area's only certified 5K Trail Run Courses. This annual 5k race on October 12 at 9 a.m. will challenge serious runners with varying terrain through the wooded trails and waterfront. The 2K Walk Trail offers a low impact option for those wanting to enjoy some of the Ranch's best views. A Half-Pint run will also be offered.

Registration can be completed online up until Wednesday, October 9. After that date, there will be paper registrations offered. The first 100 runners are guaranteed a t-shirt. Bring the family and meet some of the animals as well as visit the vendor booths.

Bit of Hope Ranch is a non-profit equine assisted therapy center that offers programs for mental health and physical therapy.

Register for the event online at www.bitofhoperanch.org plus also visit our educational opportunities for the community.

Bit of Hope Ranch is located at 5001 Cr. Wood Road, Gastonia, NC 28056.