



# LAKELAND HILLS FAMILY YMCA

## 5K for a Cause Race/Walk Entry Form



## Saturday, September 28, 2019

5K for a Cause is an annual event for our **Chronic Disease Prevention** programs:

- Live**STRONG**® at the YMCA: Cancer patients & survivors
- Enhance® Fitness: Arthritis
- MS One Step: Multiple Sclerosis
- Diabetes Prevention
- Cardiac Care Maintenance
- Self-Monitoring Blood Pressure



These low or no-cost programs help adults prevent the onset of a chronic condition or help those with a chronic disease learn how to manage and improve their health. Programs include activities that promote a healthy lifestyle and focus on problems which are common to individuals dealing with or preventing a chronic disease. These programs may improve quality of life while reducing health care costs for individuals who have a chronic disease by preventing or minimizing its effects.

<b><u>Schedule</u></b> 8:00am Registration and Packet Pick Up 9:00am Start Time 5K Run  <b><u>Location</u></b> Briarcliff Middle School 93 Briarcliff Road, Mountain Lakes	<b><u>Entry Fees</u></b> <b>Pre-Registration</b> 5K or Walk (Stroller Friendly) \$20 After September 1: \$25 USATF 2019 Members: \$3 Discount Before September 14 Runners & Walkers Ages 12 and under: \$15
<b><u>Awards</u></b> 1, 2 & 3 Overall M & F Top 3 M & F in 10-year age groups up to 80+ T-shirts for all <b>registered</b> participants	<b><u>Entry Fees</u></b> <b>Race Day</b> Runners: \$30 Ages 12 and under: \$20 <i>Entry form at check-in</i>

Registration Online ONLY: [www.lakelandhillsymca.com/5k for a cause](http://www.lakelandhillsymca.com/5k%20for%20a%20cause)

The Lakeland Hills Family YMCA is committed to helping you lead  
a healthy lifestyle in spirit, mind and body!

### LAKELAND HILLS FAMILY YMCA

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