

the  **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

This race has been renamed **The Suzanne Mantuano Memorial Run** in honor of our beloved friend and colleague who passed away from cancer on July 16, 2019. Suzanne worked at the Y for almost 30 years and is missed more than words can ever say.



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.

<p><u>Schedule</u> 8:00am Registration and Packet Pick Up 9:00am Start Time 5K Run</p> <p><u>Location</u> Briarcliff Middle School 93 Briarcliff Road, Mountain Lakes</p>	<p><u>Entry Fees</u> Pre-Registration 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</p>
<p><u>Awards</u> 1, 2 & 3 Overall M & F Top 3 M & F in 10-year age groups up to 80+ T-shirts for all registered participants</p>	<p><u>Entry Fees</u> Race Day Runners: \$30 Ages 12 and under: \$20 <i>Entry form at check-in</i></p>

Registration online ONLY:

<https://runsignup.com/Race/NJ/MountainLakes/LakelandHillsFamilyYMCA5KRunforaCause>

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

LAKELAND HILLS FAMILY YMCA
100 Fanny Road, Mountain Lakes, NJ 07046
973.334.2820 www.lakelandhillsymca.com

