


# YOU CAN BE A HERO!

## SATURDAY, NOVEMBER 5, 2022, 9:00 A.M.

Join the Lake Central Education Foundation and the Lake Central School Community for a 5K Run/Walk on Saturday, November 5th, 2022 at 9:00 a.m. This year's 5K theme is "You Can be a Hero!" Wear your favorite superhero gear! Capes and your fastest superhero gym shoes are encouraged!

This event is extra special because we will be honoring the late Dr. Dayna Less, PharmD, a proud Lake Central Graduate. If you participated in the 5K last year, we encourage participants to wear their "Dayna Less Memorial Pin" during the race as a sign of strength and courage, in memory of Dayna.

We will also be honoring our Veterans for their dedication and perseverance to protect and serve. 

[runsignup.com/lcef5k](https://runsignup.com/lcef5k)



Early bird registration ends October 4<sup>th</sup>

After October 4th there will be a price increase and a shirt is not guaranteed

Registration/Package  
Pick-Up Begins at  
7:00 a.m., 9:00 am  
start time

Race Starts/Ends at  
Lake Central High  
School

Registration Fee \$25  
(T-shirt included)

Music and  
Giveaways

Follow us on social!



LAKE CENTRAL  
EDUCATION FOUNDATION

8260 Wicker Avenue  
St. John, IN. 46373

\*Logo Design by Magsdad Studios