



YOU CAN BE A HERO!

SATURDAY, SEPTEMBER 9, 2023, 9:00 A.M.

Join the Lake Central Education Foundation and the Lake Central School Community for a 5K Run/Walk on Saturday, September 9, 2023 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 have participated in the 5K previously, we encourage participants to wear their "Dayna Less Memorial Pin" during the race as a sign of strength and courage, in memory of Dayna.

This year we welcome James Tarka, founder of the Northwest Indiana Calumet Region Striders, Gold Cup Road Race Series and United States Veteran.

runsignup.com/lcef5k



If registering after August 18th, 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 \$35
(T-shirt included)
Staff/Student Fee \$25
(T-Shirt included)**

**Music and
Giveaways**

Follow us on social!



**LAKE CENTRAL
EDUCATION FOUNDATION**

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