

# LIFE CENTER OF LONG ISLAND 5K Run/Walk 4 Life FUNDRAISING EVENT

**Saturday, June 10, 2023**

**RAIN OR SHINE**

**Cedar Creek Park**

3340 Merrick Road | Seaford, New York

Parking Field #6

**Register for In-Person & Virtual Events at:**

**<https://runsignup.com/Race/NY/Seaford/LIFECENTEROFLONGISLAND5KRUNWALK4LIFE>**



## **IN-PERSON EVENT**

Adult Pre- Registration Entry Fee: \$30

Adult Day of Event: \$35

Kids Age < 12 Registration: FREE

Students Ages 12-18: \$15

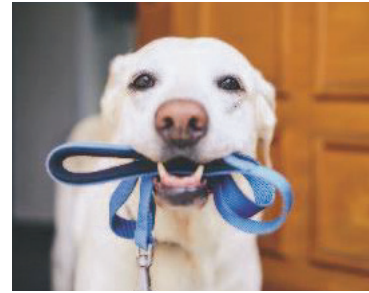
\*Kids & Students Surprise Gifts

### Event Program

7:30 AM Registration Opens

8:30 AM Welcome

8:45 AM Run/Walk Starts



## **VIRTUAL EVENT**

**FOR PEOPLE & DOGS**

**WOOF WALK & 5K RUN/WALK**

VIRTUAL WOOF WALK (dog walk up to 2 miles)

\$30 for owner, paws walk for **FREE!**

VIRTUAL 5K RUN/WALK

Adult Registration Entry Fee: \$30

Kids Age < 12 Registration: FREE

Students Ages 12-18: \$15

Virtual Event - You may run your race anywhere you choose at your own convenience and post your results anytime by 11:59pm on June 10th.

## **IN-PERSON EVENT**

1st 100 Registrants get FREE Life Center Towel & Sport Bottle

Entry fee includes:

Hydration Station on course | Post-race refreshments | Top finishers' awards

Run/Walk Bibs: Top Individual Fundraiser Award > \$150 | Top Team Fundraiser Award > \$300

Raffle Prizes: 50/50 Raffle | Special Mountain Bike Raffle | Other Raffle Prizes



**\*Unable to participate? Donate as a Silent Hero!**

**Any issues with registration, please call John at (631) 806-4649 or  
email: [strongislandrunningclub@yahoo.com](mailto:strongislandrunningclub@yahoo.com)**

For further information regarding: Sponsorships ~ Donations ~ Registration  
Contact Marina at 516-798-8746 or email: [mpiccolo@lifecenterli.org](mailto:mpiccolo@lifecenterli.org)

