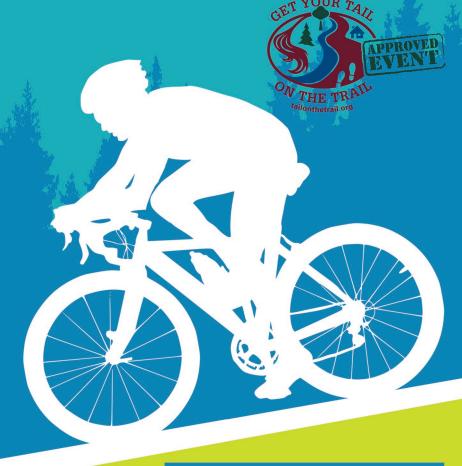
2019

MALK & RUN

SUNDAY, MAY 26 AT UPPER SAUCON TOWNSHIP COMMUNITY PARK



IOIN US FOR OUR ANNUAL BIKE, WALK & RUN BENEFITING THE JCC FITNESS DEPARTMENT

REGISTER AT THE JCC WELCOME DESK, BY CALLING 610,435,3571, OR ONLINE AT LVICC.ORG/BIKE

START TIMES

7:30 AM **50 MILE BIKE RIDE** 8:30 AM **36 MILE BIKE RIDE 20 MILE BIKE RIDE** 9:30AM 10:30AM 10 MILE BIKE RIDE **5K FUN RUN**

11:00AM **FAMILY WALK**



RAFFLE

\$50/15 TICKETS \$5/1 TICKET \$20/5 TICKETS

\$75/30 TICKETS

RAFFLE DRAWINGS WILL TAKE PLACE AFTER ALL EVENTS AT 12:00PM

PRIZES INCLUDE AN \$800 BIKE/BIKE CREDIT FROM FITNESS CENTRAL, AND MORE

PRICES

\$36/ADULT \$20/ADDITIONAL FAMILY **MEMBER** \$10/13 AND UNDER \$10/SPECTATOR

INCLUDES EVENT T-SHIRT AND FOOD

FOR MORE INFORMATION CONTACT NOLIE SCHNEIDER, FITNESS MANAGER AT 610.435.3571 OR NSCHNEIDER@LVJCC.ORG

