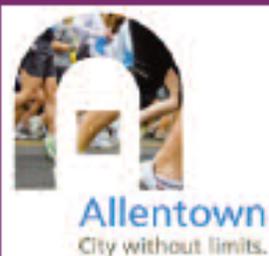


Allentown Parks & Recreation

5K FITNESS CHALLENGE

Benefits The Leukemia & Lymphoma Society



SAVE THE DATE

Saturday **November 9, 2013** 8:00am

Rain Date: Saturday, November 23

CEDAR CREEK PARKWAY

(NEAR THE ROSE GARDEN PAVILIONS)



Search "5K Fitness Challenge" on
Active.com



REGISTER TO COMPLETE A FULL-BODY WORKOUT THROUGH A SERIES OF BOOTCAMP-STYLE STATIONS ALONG A 5K PATH IN CEDAR CREEK PARKWAY. THIS NON-COMPETITIVE 5K WILL BENEFIT THE LEUKEMIA & LYMPHOMA SOCIETY.

REGISTRATION IS EASY!

SCAN THIS QR CODE WITH YOUR SMART PHONE OR SEARCH ON ACTIVE.COM FOR 5K FITNESS CHALLENGE



\$20.00 REGISTRATION
(ADDITIONAL DONATIONS ARE GREATLY APPRECIATED)