


LCA 5K “Run for Excellence” and Michalko Mile

Sunday, October 2



*New for this
year's race!*

Presenting Health & Safety Expo Tables,
Entertainment and Free Activities for all!

Here is a lineup of featured attractions:

Entertainment & Activities:

- **Live music**, including a barbershop quartet performing the National Anthem to start the 5K; local “DJ Ray;” live bands along the race route, including River City Trouble; LCA-student bag-piper
- **Kids’ tent**, featuring tatoos, face painting and crafts
- **Pre-race stretching and warm-up** by local fitness expert, Debbie Paul
- Performance by the **St. Ignatius Circus Performers**

Health & Safety Tables:

- Cleveland Clinic Foundation
- Cuyahoga County Department of Health
- LEAF
- Lakewood Fire Department
- Lakewood Police Department
- Lakewood Recreation Department
- MetroHealth Wellness Department
- Russell Chiropractic
- West End Pediatrics

Local Treats to Sample – Free!

- **Earth Fare** granola bars
- **The Sweet Spot** ice cream samples
- **Root Café** coffee samples
- **Bonnie Bell** lip smacker give aways

All are invited! Come for competition, community and fun!

Lakewood Catholic Academy, 14808 Lake Avenue

Race Day Registration: 7:30 – 9:00 a.m.

5K Race (chip-timed): 8:30 a.m.

Michalko Mile Youth Run: 9:15 a.m.

LCA's
7th ANNUAL
5K RUN!

Lakewood Catholic Academy's

RUN FOR



EXCELLENCE & THE MICHALKO MILE

SUNDAY OCTOBER 2, 2011

Location:

**Lakewood Catholic Academy
14808 Lake Road
Lakewood, Ohio 44102**

**7:30-9am Race Day Registration
8:30am 5K Race Starts
9:15am Michalko Youth Fun Mile Starts**

• Chip timing • New race route

To register and for more information:

www.hermescleveland.com