


# 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 tattoos, 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.