



## 5<sup>th</sup> Annual Fitness, Fun for Everyone 5K Run/3K Walk

Join us for the Advocate Lutheran General Hospital Fitness Center's 5<sup>th</sup> annual 5K Run/3K Walk to raise awareness and funds for the Adult Down Syndrome Center (ADSC) at Advocate Lutheran General Hospital. This family-friendly event is perfect for runners, walkers, and spectators alike. Grab your shoes and a fitness buddy and register today!

### Location and Date

Adult Down Syndrome Center  
 1610 Luther Lane  
 Park Ridge, Illinois  
 Free parking available in Lot D across from the ADSC.

Saturday, June 3, 2017

5K run begins at 8 a.m. /3K walk begins at 8:15 a.m.

Same-Day Registration/Check-in 7:15 – 7:45 a.m.

A live DJ will follow the race with dancing and a Zumba demonstration.

### Entry Fee

\$30 (non-refundable and non-transferable)

ADSC patients and non-patients with Down syndrome can participate for free!

Visit [www.advocategiving.org/adscrun](http://www.advocategiving.org/adscrun) to Register - or call Kerry Neville 847.723.2324

Deadline to register is May 25<sup>th</sup>. Registration packets should be picked up May 30 – June 2 from 3 – 7 p.m. at the Advocate Lutheran General Fitness Center located at 1875 Dempster St., Suite G01 in Park Ridge. Or, call the Fitness Center, 847.723.6139 to arrange an alternate pickup time.

Sponsorship opportunities available.  
 Contact Kerry Neville 847.723.2324.