

# LIGHT

up **5K** the

# NIGHT

at MSW

# Glow in the Dark 5k



Run-Walk  
2015

Come illuminate the night with Mary, Seat of Wisdom School  
Join us at our 3rd annual GLOW IN THE DARK 5K run/walk

**Saturday, October 3, 2015 at 6:30 p.m.**

### Location

Mary, Seat of Wisdom School  
1352 South Cumberland Ave.  
Park Ridge, IL 60068

### Register online

[www.msw5k.com](http://www.msw5k.com)  
\$30 Registration Fee  
\$25 for MSW students  
Register by Sept. 21st  
to receive your neon shirt

### Entry Fee Includes

Neon 5k T-shirt  
Glow accessories  
Timing chip - for runners only  
Admission to the after party  
Awards  
Food & Refreshments

### Pre-Race 5:45 pm

Black Light Glow Face Painting  
Check-in table for timing chip  
Gear check  
Glow accessories for sale

### AFTER PARTY

Photo Booths  
DJ  
Award Ceremony  
Refreshments & snacks for all  
participants. Additional food for sale.

### Thank you to our Sponsors



**Ready, Set, Glow**

