

WAUKEGAN PARK DISTRICT

GEORGE BRIDGES 5K RUN

/WALK



“Bridging the gap between mental and physical fitness”



CARA
EMERGING RACE

Saturday, September 17, 2016 • 9am

Medals awarded in multiple categories

Runners receive a race T-shirt (Must register prior to 9/1 to receive shirt)

Proceeds benefit scholarships for Special Recreation Programs

Registration Information

Registration Fee: \$29

Early Bird Fee (Before June 30) \$24

Register online at

www.waukeganparks.org

Program #30307401-1A

THE
FIELD HOUSE

SPORTS & FITNESS CENTER

AT HINKSTON PARK

**Tour The
New Pool!**



STAY FOR MORE FUN AFTER YOU RUN!

FREE!

FITNESS EXP

9AM-1PM

The First 100 Individuals Receive a FREE T-Shirt

Come Enjoy a Day of Fitness

- Health Screenings & Free Giveaways
- Healthy Family Meal Planning
- Healthy Vendors & Fitness Assessments

Fitness Contests with Great Prizes

- King or Queen of the Mountain
- One-Minute Push Up, Sit Up and Chin Up Contests

Group Exercise Demos

- Zumba and Group Cycle
- SilverSneakers, Yoga and Pilates

And so much more...

FREE!

DAY OF PLAY

9AM-1PM

Fun For All Ages

- Experience Fun Sports
- Contests
- Games
- Crafts
- Healthy Snacks and More

Adults & Teens (14 and up)

- Free Fitness Center and Track Access
- Meet new friends and be active!

ATTENTION PARENTS: Feel free to stay and play with your child, or drop them off for a day of fun! Children under the age of 7 must be accompanied by an adult. All youth participants must have a parent sign them in at the front door before leaving. The event is fully supervised.



The Field House Sports and Fitness Center at Hinkston Park
800 Baldwin Avenue | Waukegan, Illinois 60085 | www.waukeganparks.org
Call 847-782-3621 or e-mail sstevens@waukeganparks.org for more information