



**Support Our Homebound Neighbors . . .
Older Adults, Veterans
and the Disabled in Long Beach.**

**Join us for our 4th Annual 5K/10K
Run ♥ Walk ♥ Roll
Event**



Run



Walk



Roll

July 13, 2019

Please Register Online

www.mowlb.org/5k.html

For event sponsorship opportunities contact
Amber Scheuring at (562) 439-5000 or mowsas@gmail.com

SUPPORT OUR HOMEBOUND NEIGHBORS

Meals on Wheels of Long Beach (MOWLB) invites all **Runners and Walkers** to join us for our *4th Annual 5K/10K event hosted by Long Beach City College Cross Country and Track & Field Department*. Everyone from the competitive runner to the recreational runner or walker is welcome! Proceeds from this event will support daily meal service, with a "friendly visit", for our homebound clients in Long Beach.

We thank our 2018 event sponsors



Participants will receive an event t-shirt and medal.

Supplies are limited. Please register by **June 21st** to reserve yours!

Event location:

LBCC/Veterans Memorial Stadium

E. Lew Davis St, Long Beach, CA 90808 (near Carson & Clark Ave.)

FREE PARKING

Please no bicycles or skateboards.

Date: July 13, 2019

Check-in: 7:00am - 7:45am (please present ID)

Start Time: 8:00am

Registration Fees:

\$35 Individual

\$25 Students or Disabled

\$30 Groups (per person)



SORRY, NO REFUNDS

MOWLB is a 501(c)(3)

Non-profit, non-government funded, community service agency, founded in 1971.