



SAVE THE DATE!

SATURDAY, NOVEMBER 15, 2014

17TH ANNUAL

FRIENDS

RUN / WALK

5K

Register ONLINE by Midnight 10/25 and be entered into a raffle for 2 tickets to DISNEYLAND!!

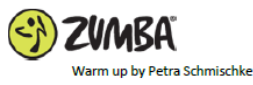
Chip Timed Event
Medal Ceremony
Raffle Prizes
Award Baskets
Performance T-Shirt
Zumba Warm-up
Food vendors

PRESENTED BY
FRIENDS OF LA SERNA
A NON-PROFIT FUNDRAISING ORGANIZATION

FEE: \$30 ADULTS (by 11/1)
\$25 STUDENTS
\$35 ADULTS (after 11/1)

START: 6:15 Registration; 7:30am

LOCATION: LA SERNA HIGH SCHOOL
15301 YOUNGWOOD DRIVE
WHITTIER, CA 90605



Elements Hair Studio

Register online @ laserna5k.racewire.com
or download entry form from LSHS website, www.wuhsd.org/lshs
sponsorship opportunities are also available. Email
laserna5k@gmail.com