



Healthy Downey 5K For TLC Saturday, February 23, 2019 Apollo Park, Downey



7th Annual 5K Run/Walk to benefit Downey Unified School District's ♥ TLC Family Resource Center

Same Day Registration	6:00 am - 7:00 am
Check In for Pre-registered Participants	6:30 am - 7:30 am
Welcome/Warm-up	7:30 am
Run/Walk Begins	8:00 am
Awards (soon after last participant crosses the finish line)	9:30 am (approx.)

Bib and T-shirt available for pick-up the day before (Feb. 22) from 9 am - 9 pm at
Apollo Park Gymnasium, 12544 Rives Ave., Downey, CA 90242

Early Registration: (11/1/18 - 1/31/19)	\$15 Youth (Ages 5 - 18 years)	-	\$25 Adult
* <i>Fee includes commemorative T-shirt</i>			
Month of: (2/1/19 - 2/15/19)	\$20 Youth (Ages 5 - 18 years)	-	\$30 Adult
* <i>Sorry NO commemorative T-shirt</i>			
Same Day Registration: 2/23/19 (6am until 7 am SHARP)	\$30 Youth (Ages 5 - 18 years)	-	\$40 Adult
* <i>Sorry NO commemorative T-shirt</i>			

Free for all kids up to 4 years of age

3 Ways to Register

1. On-line: <http://runsignup.com/Race/CA/Downey/HealthyDowney5KforTLC> (**Credit card ONLY**)
2. Mail registration form with payment (Checks payable to TLC) to: 13220 Bellflower Blvd., Downey, CA 90242 (**Checks ONLY**) Form may be downloaded at www.dusd.net/tlc
3. In person registration (drop off) at one of the following locations (**Checks or cash ONLY**):
 - * TLC - 13220 Bellflower Blvd., Downey, CA 90242
Hours: 7:30 am - 3:30 pm Monday - Friday
 - * Barbara J. Riley Community & Senior Center 7810 Quill Dr., Downey, CA 90242
Hours: 8:00 am - 5:00 pm Monday - Friday
10:00 am - 2:00 pm Saturday

Event will be held rain or shine*No bikes, skateboards, scooters, or pets (except service animals)*Strollers are welcome
*Plenty of free parking*Water stations throughout the route*No refunds