

Join us for the Lansdale YMCA 10K 5K and Fun Run Runs!

Join us for our YMCA 5K Heroes Run on Saturday September 23, 2023 at 8am held at Upper Gwynedd Parkside Park, North Wales PA. This event raises funds for our annual campaign which provides financial assistance to youth, families and seniors in our community. This year, a portion of the profit will go to support local heroes. Rain or Shine event!!

The 5K Heroes Run is proudly sponsored by The Lansdale YMCA and set against the backdrop of the stunning Upper Gwynedd Township Park. All running enthusiasts, families, and community supporters are welcomed to unite for a morning of camaraderie, fitness, and spirited competition.

10K Run is a relay for 2 runners. At registration, you will be prompted to add second participant. 5K Heroes Run will support The Lansdale YMCA's vital community. By joining the 5K Heroes Run, you're not just running a race; you're strengthening our community and extending resources to those who need them most. As the 5K Heroes Run concludes, we'll keep the energy high with awards for top finishers in various age groups and a celebratory gathering for our community.

This is more than just a race – it's a morning of community solidarity, health, and exhilaration. Whether you're a seasoned runner looking for a twist on your regular 5K and 10K, or a local resident eager to be part of an exciting event, the run promises an unforgettable experience for everyone.

Option to wear your favorite superheroes costume or accessory. We look forward to seeing you at the starting line! Fun Run starts at 8am, followed by opening ceremonies at 8:30am and the 5K and 10K relay start at 9am.

REGISTRATION

Registration (Individual): \$35
Family Fun Run (Individual): \$10
10K Relay (Open Group): \$70

For information and registration:

www.runtheday.com/register/detail/light-up-the-night-5k-run