



# "RUN FOR THE LIGHT"

## October 17, 2009



### VELAS LIGHTHOUSE

## Inaugural 10k / 5k Run & Family Fun Walk

### MASTER OF CEREMONY DANIEL CASTRO "SANCHO"

## "The Gift of Giving for Families affected by Cancer"

Go Online to [Active.com](http://Active.com) to Register or Donate to the Race

**Check-In**  
6:30 AM

**Run Starts**  
8:00 AM

**Fun Walk Starts**  
8:30 AM



## Join Us for a Day of Health & Physical Activity

### Festivities Include

- VELAS East LA Farmers Market
- Free Family Exercise and Dance Aerobics
- Free Kick Boxing Demonstrations
- Free Rock Climbing & Children Activities
- Free Tennis, Golf & Soccer Demonstrations
- Free Health, Dental and Vision Screenings
- DJ, Entertainment & Raffles

### Event Hours: 8:00 AM to 2:00 PM

**East Los Angeles Civic Center**  
4801 E. 3rd Street Los Angeles, CA 90022

For more information please call: VELA at (323) 263-4462

Email: [info@velaela.org](mailto:info@velaela.org)

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