

Walk, Run, or Wheel at GLASA's Second Annual 5K Twilight Run and Post Race Party on September 11, 2010 beginning and ending at the Gorton Center. The race start will be at 6 pm, followed by the post race party from 7 to 10 pm.

Run through the tree-lined streets of Lake Forest with your family in this CARA certified event. This is a great opportunity to connect with other runners in Northern Illinois; and to encourage your budding runners to have fun close to home!

In addition to the race, we invite you to join us for an evening of family fun including awards, live music, a raffle, and food and drink for purchase. Last year's event was a fall highlight for many local families. We invite you to start a new tradition for your family this year.

If you have any questions, please feel free to call the GLASA office at 847-283-0908 or check out the race information on our web site: www.glasa.org, where you can download a race brochure. Also, online registration is available at www.active.com.

The Great Lakes Adaptive Sports Association (GLASA) is a local, Lake Forest based charity whose mission is "Let No One Sit on the Sidelines." We provide recreational, competitive and integrative sports opportunities to youth and adults who have a primary physical or visual impairment. We look forward to seeing you on Saturday, September 11th!