

The **3rd Annual Run With The Lions Roaring Challenge 5K** will be held on August 4th, at 8am, at a new site (South Milwaukee High School - 901 15th Ave., South Milwaukee, WI).

If you are tired of doing the “same-old-same-old” 5K every weekend this summer than this event is for you. It is a 5k race “with obstacles” along the way such as over-under barricades, a hay-bale pyramid climbing wall, interspersed tires, a wood climbing wall, and a slip-n-slide (water slide) just before the finish. The race begins at the South Milwaukee High School and runs along the Oak leaf Parkway and through the surrounding neighborhoods. Of course, if you’d not like to do the “Challenge” a regular 5K course will run parallel to it. There’s also a 2-mile walk (with the option to do the whole “regular” 5k course) for those that would like to take the more “leisurely” approach.

Each participant registered by 7/24 is guaranteed a “goody-bag” and high performance fabric t-shirt. Registration is available on-line at www.active.com or www.smlions.org.

Fees are \$25 for the “regular” 5K until 8/2 (including registration at the packet pick-up on Thursday night 8/2 from 5-8pm) and \$35 after and on race day. The “Challenge” race costs \$30 until and including 8/2 (and at packet pick-up) and \$35 after and on race day.

Food, beverages and door prizes will also be available after the race.

The event is sponsored by the South Milwaukee Lions Club and is supported by Anchor Fitness, Anytime Fitness, and the South Milwaukee Fitness Center. Proceeds from the event benefit local charities supported by the Lions Club.

For more details or if you have questions, call Tom Rudey at 262-332-0366 or e-mail him at trudey@tru.com.

Ready...set...ROAR!!!