



One. Healthy. Community. 5K Run/Walk Fast Facts

Date: Sunday, December 11

Time:: 5K run-8 am, 5K walk-8:40 am, Kids Fun Run-9:40 a.m.

Health and Wellness Expo 8 am

Location: Run through the heart of LA on San Vicente Boulevard.

Day-of registration and Health and Wellness Expo at Westside JCC

5870 West Olympic Boulevard

Race starting line at Stanley Avenue and San Vicente Boulevard

Presented by Joyce Eisenberg-Keefer and Mel Keefer

Website (to register, donate, and for more information):

<https://www.wizathon.com/wjcc5k/index.php>

FAQs:

1. Do I have to run the whole time? No. Although if you know that you are not going to run much at all, we would appreciate you signing up for the walk so that runners can get the most accurate timing.
2. Do I have to be Jewish to participate? Absolutely not. Westside JCC serves the entire community, regardless of race, religion, orientation, or background.
3. What is the money raised going to fund? Funds raised throughout the day will go to support health and wellness programming at Westside JCC, such as our senior fitness, teen sports programs, children's athletic activities, and fitness classes for individuals with special needs.
4. What are the ages for the kids Fun Run? Kids must be 5-12, check website
5. What is happening at the Health and Wellness Expo? Free demonstrations, healthy food and drink, and a kids' fun zone.

