

## Survive for 7 Disaster Planning Program

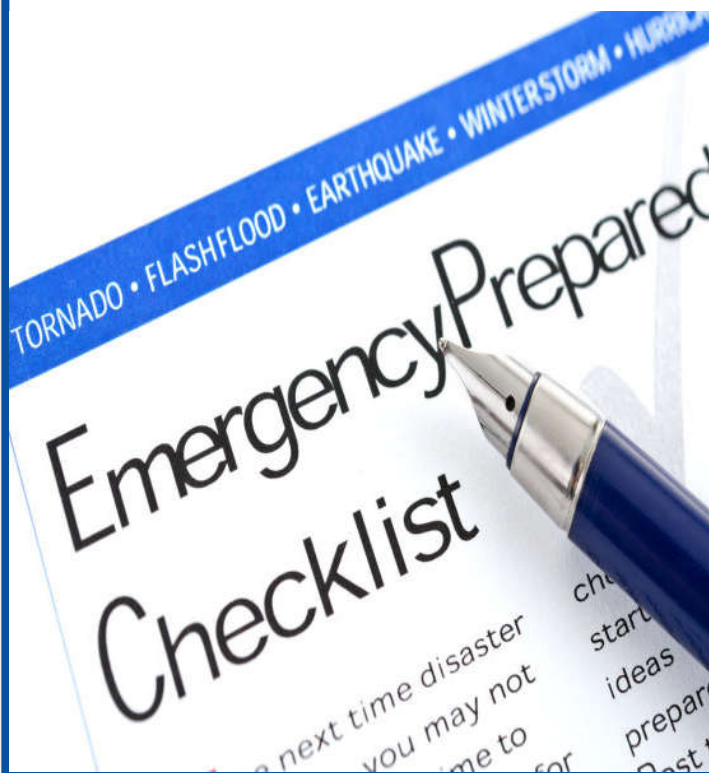
Is your family prepared for a major disaster? Having food, water and shelter for seven days is the new standard for personal and family disaster survival. Lakewood's "Survive for 7" disaster planning program educates residents about

emergency preparedness and offers the skills they might need to survive in the first week following a catastrophe.

Fire, police and emergency medical services may be delayed in responding. You need to learn what to do, have a plan, and be prepared to take care of yourself, your family and your community.

**Sign up to learn the basics of preparing for emergency situations.**

13355 T 6:00pm – 7:30pm 2/19 LYC FREE



Fees listed represent the registration cost for Lakewood residents. Non-residents should refer to the chart on page 38 for additional fees.

## 2019 Lakewood Run 5K/10K Run, 5K Walk, 1K Fun Run Saturday, March 2

The 5K/10K Lakewood Run is presented by the Lakewood Sheriff's Station and Soroptimist International of Lakewood/Long Beach. Sheriff's Deputies, recreational runners, families and kids looking for a fun outing will gather at the starting line on Saturday, March 2 in front of the Lakewood Sheriff's Station. Proceeds from this event benefit local charitable organizations.

Run organizers note the course is a fast, enjoyable run for both practiced runners and family members. For spectators, the day offers a fitness expo and displays of public safety equipment.

Check-in and registration begins at 6:30 a.m. with 5K and 10K races starting at 8:00 a.m. A 1K Fun Run for parents and youngsters begins at 9:30 a.m.

### Pricing is as follows:

**Early bird pricing by January 31:**

**5K/10K - \$35 / 1K Fun Run - \$20**

**Pre-registration from February 1 - March 1:**

**5K/10K - \$40 / 1K Fun Run - \$20**

**Race day registration:**

**5K/10K - \$45 / 1K Fun Run - \$25**

To register or for more information, visit [www.lakewoodrun.com](http://www.lakewoodrun.com)



### Finished with this Brochure?

**Don't throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.**