

# 2022 ALS 5K and Fun Run

May 15<sup>th</sup> 9:00-11:00



8:00 Registration and  
packet pickup

5K–9:00

1 Mile Fun Run – 9:45



<https://runsignup.com/Race/Events/NJ/MountainLakes/RunAgainstALS5K>

Every Step Counts

<https://www.runagainstals.org/>

To Donate: <https://givebox.com/als>