

Fun & Fit Family Day 2019

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Libertyville, IL – Family fun is in store for all at Lambs Farm's Fun & Fit Family Day 5k Run/2 Mile Walk on Saturday June 22 from 9am to noon.

The morning starts with a run or walk on a course that begins on Lambs Farm property, continues onto the North Shore Bike Path, into Old School Forest Preserve and back. This year, the course will be chip timed and the top two male and female finishers in each age group will be awarded an official Lambs Farm sling bag.

After the race, guests can enjoy fun and fit activities perfect for the whole family including a Kids Dash, live DJ, games, inflatable, balloon twister, face painter and more.

All proceeds from the event will support Participants like Joe. Joe is an avid runner who has an impressive track record of accomplishments. He ran competitively in high school, has competed in dozens of races and continues to pursue the sport he loves by being part of the Special Olympic Track & Field program at Lambs Farm. "I love the drive I get when I run, and I get through every race using my power and my heart," Joe said. "I hope hundreds of people come to Fun & Fit Family Day to support me and all of my friends at Lambs Farm."

Registration, \$30 per individual or \$120 for a family up to five is available at lambsfarm.org. Those who register by May 29 will receive a free race t-shirt.