



**CHRISTALIS  
SUPERHERO**

**VIRTUAL 5K**

**RUN/WALK**

**SEPT 27<sup>TH</sup> 2020**

**JOIN OUR 5K ALL AROUND THE COUNTRY  
YOU CAN BE A SUPERHERO NO MATTER WHERE YOU LIVE**



## CHRISTALIS

P.O. Box 434, Burtonsville, MD 20866  
240-772-1131 | 5k@christalis.org



### INSTRUCTIONS:

- Register as a "virtual runner" online. We will send you a bib number and t-shirt.
- Choose anytime to run or walk 5k on **Sept 27**.
- Email a picture of your time and distance to **5k@christalis.org**.

### PRIZES & MEDALS FOR WINNERS

### TO RECEIVE A BIB, REGISTER BY SEPT 21<sup>ST</sup>

ALL PROCEEDS GO DIRECTLY TO HELP OUR CHILDREN IN UGANDA. TO REGISTER AND LEARN MORE ABOUT THE RUN PLEASE VISIT **CHRISTALIS.ORG/5K-RUN-WALK**

# \$25 REGISTRATION

SAVE A CHILD WHILE  
HAVING FUN WITH FRIENDS  
OR ON YOUR OWN!

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