

**BE A HERO
SAVE A CHILD**



5K

**CHRISTALIS
SUPERHERO
RUN/WALK**

**WASHINGTON ADVENTIST UNIVERSITY
7600 FLOWER AVE, TAKOMA PARK, MD 20912**

SEPT 28TH 2025

**YOU COULD BE THE HULK, A HUMAN OR AN ELF;
DRESS UP LIKE A SUPERHERO EVEN IF IT'S AS YOURSELF!**

All proceeds go directly to help our children in Uganda.

8:00AM REGISTRATION & CHECK IN
8:45AM WARM-UP
9:00AM RACE BEGINS

\$35 EARLY HERO
\$40 RACE DAY HERO
\$7 LITTLE HERO DASH

\$10 STUDENT DISCOUNT; UNDERGRADS ONLY



Visit our website for the following information:

- Event Times & Parking
- 5K Route & Activities
- Sponsorship, Vendor and Volunteer Opportunities

christalis.org/5k-run-walk

Sponsored by

**WASHINGTON
ADVENTIST UNIVERSITY**

