

BE A HERO  
SAVE A CHILD



5K

CHRISTALIS  
SUPERHERO  
RUN/WALK

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

SEPT 29<sup>TH</sup> 2019

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

•T-Shirt<sup>‡</sup> •Gift Bag •Adult & Kids Yoga

<sup>‡</sup>only guaranteed for registrants by Sept 1

\$20 PREREGISTRATION  
\$25 ON THE DAY OF RACE  
\$15 STUDENT DISCOUNT\*  
\$5 KIDDIE DASH

\*UNDERGRADS ONLY

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

- For up to date info on route, activities, parking, kids activities & prize categories visit our website.
- All proceeds go directly to help our children in Uganda. To learn more about our cause, visit our website.

To register, visit  
[christalis.org/5k-run-walk](http://christalis.org/5k-run-walk)

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ADVENTIST UNIVERSITY

