## CHRISTALIS SUPERHERO VIDALIS RUN/WALK

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

SEPT 29TH 2019



## **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 29.
- Email a picture of your time and distance to **5k@christalis.org**.

**PRIZES & MEDALS FOR WINNERS** 

TO RECEIVE A BIB, REGISTER BY SEPT 21ST

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!