

Run Over Violence Virtual 5k

ADAMS WELLS CRISIS CENTER

Run, Walk, Row or Climb

WHEN: APRIL 24-MAY 3
WHERE: ANYWHERE YOU CHOOSE

This is a great opportunity to get out and Run, Walk, Row, or Climb Stairs to help raise awareness and support victims of Domestic Violence and Sexual Assault. Grab a friend, your family or your dog and get outside! (Please obey social distancing rules.)

Medal and Shirt = \$30 entry

The following entries do not include shirt or medal

No shirt no medal = \$15

Family Fun \$40 = for 4 or more who live under your roof

Small Business = under 25 employees = \$150

Large Business = over 25 employees = \$300

DETAILS & REGISTER:

WWW.ADAMSWELLSCRISISCENTER.COM

Some Details:

Go to our website to register.

www.adamswellscrisiscenter.com

If you are registering for the Shirt/Medal option also click on the Sport Form link

You need to be registered by 4/25 by midnight to get a shirt or medal.

Shirts and Medals can be picked up at Sport Form in Berne on or after May 9th

You can run, walk or climb stairs in your pace and any place! If you need a 5K course we have one mapped out in Decatur and in Berne.

Do you have friend or family in another city, state or country? Invite them to virtually participate with you!