



VIRTUAL 5K

SUMMER SERIES

MID-MONTH RUN & WALK

MAY 10-20, 2024

JUNE 10-20, 2024

JULY 10-20, 2024

AUGUST 10-20, 2024

SEPT. 10-20, 2024

Keep your energy up and focus on your health this spring & summer with our **FREE Virtual 5K Races!**

A virtual race is a race you can run or walk anywhere at any time during the competition time frame.

Register for any one - OR ALL - of the virtual race options and get entered in our Prize Drawing where we will be giving away twenty \$25.00 Gift Cards from local businesses. You are automatically entered in the drawing just for participating!

The more races you sign up for and complete, the more entries you get entered into the drawing!

Registration information and suggested race routes are available on our website.

FortHealthCare.com/Virtual5k