Fort HealthCare

# VIRTUAL 5K

## Winter Series

## MID-MONTH RUN & WALK

**OCTOBER 10-20**

**NOVEMBER 10-20**

**DECEMBER 10-20**

**JANUARY 10-20**

**FEBRUARY 10-20**

Keep your energy up and focus on your health this winter 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**

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