

**5K Run for the World**

 **Date:** Saturday, June 9, 2018

 **Time:** 6:30 A.M. Start

**Location:** *Juneau Park*

801 N. Lincoln Memorial Dr.

Milwaukee, WI 53202

**Registration:** Go to <http://centralusa.salvationarmy.org/usc/commissioning>

 Scroll to the bottom of the web page

 Download the Registration Form and the Pledge Form

Complete the Registration Form (1 form per participant) and email to Timothy\_Meyer@usc.salvationarmy.org

Use the Pledge Form to fund-raise and bring to the Packet Pick-up on Friday, June 8th

Welcome to the 2018 Commissioning **5K Run for the World!**

If you are looking for a *fun event* this year at Commissioning, sign up for the 5K!! It doesn’t matter if you think you are a “runner” or not… all ages and fitness levels are welcome! We have **lots of walkers** as well as runners!!

*You’ll receive a T-shirt just for registering!*

Refreshments will be available along the route and at the start/finish line along with lively music and lots of fun!

Everyone participating will also have the opportunity to raise funds for World Services. You - or any friends and family supporting you – have the option to pledge funds toward your Corps World Services goal or a special World Missions Project.

This is a great opportunity to raise money for World Services, get more active and fellowship with others during Commissioning weekend.

**THE FACTS**:

* 5k Run/Walk (3.1 miles) RAIN OR SHINE
* $10.00 registration fee (includes t-shirt)
* 6:30 AM START
* Parking available
* On course Water Stations and Post Race food
* Here are a few helpful links to 5K training schedules:

<http://www.5ktrainingschedules.com/training-schedules/5k-training-program-jeff-galloway.html>

<http://www.c25k.com/>

<http://couragetostart.com/>

**TIMING**

* This is a FUN RUN! We will not be providing official chip times

**PACKET PICK-UP & LATE REGISTRATION**

* Packet pick-up will be at the Registration area on Friday, June 8th from 1:00 – 6:00 PM.
* When you pick up your packet, please be prepared to turn in your pledge money, or the amount you gave to your Corps World Services.
* Late Registrations are available on Friday at the packet pick-up site but

**T-shirts are NOT guaranteed for late registrations and won’t be available until the morning of the race, at the park.**

* Maps to the park will be available at the Packet Pick-up.

**FUNDRAISING OPPORTUNITIES FOR WORLD SERVICES**

* Download a copy of the pledge form for a World Missions Project or for your local Corps’ World Services goal on the Commissioning website. Bring your donations to the Packet Pick-up on Fri., June 8th at the Registration area!

For additional questions, please email

 Timothy\_Meyer@usc.salvationarmy.org.