

MISSION:5K

Mission Accepted.

CREATION Life

ACCEPT THE MISSION

Run Your Race Virtually!

You've made it your mission to complete a 5K race this year. We're here to help get you ready to run. With motivation, training and support, the 9-week Mission:5K program gets you on your feet walking, then running, across the finish line.



Register & Receive:

- Nine weeks of guided walk/run training sessions
- Weekly Motivational Newsletters
- Access to AdventHealth fitness professionals
- MISSION:5K medal & t-shirt for completing the program
- Multiple training days and locations (see reverse)

Register today!*registration ends 8/21/20

www.Mission5ktraining.com/mission-virtual-5k/

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SAVE THE DATE

Mission:5K Virtual Kick Off Event | Microsoft Teams

Mingle with us and your future race running buddies! Learn more about this program's new format. Be sure to join us and provide your questions to our team.

August 12, 2020 | 12:30 pm

Visit EmployeeHealthandWell-being.com/Calendar to Register.

Wednesdays | 12:30pm

Training Touchpoints

Connect with your Mission:5K leaders and share your progress! Meeting Location virtually, on **Microsoft Teams** by invitation for those who register.

Race Information

Virtual Race Week

Week of October 17-24, 2020

Suggested:

7:30 am: 5K (3.1 miles)

8:45 am: Kids Run

9:00 am: Share your 'finish line' photos on Facebook!

Location & Transportation

There is no specific designated area dedicated to the 5K race for runners due to social distancing. Race at your pace, and location in which you feel motivated! We make suggestions in our touch points for mapping your race.

Connect With Us.

Visit EmployeeHealthandWell-being.com
or email Mission5k@adventhealth.com