

EAST OHIO CONFERENCE

MISSIONS

5K RUN/1MI WALK

PLAN A 5K RUN/1 MILE WALK IN YOUR OWN COMMUNITY!

CREATE A TEAM OF PEOPLE TO . . .

- ➔ MAP OUT A ROUTE, USING SIDE STREETS, AN EXISTING PATH OR TRAIL.
- ➔ PARTNER WITH YOUR HEALTH DEPARTMENT AND LAW ENFORCEMENT FOR PLANS AND SAFETY ON THE DAY OF THE EVENT.
- ➔ PLAN FOR MEGAPHONE AT THE START, WATER STOPS, BATHROOMS, REGISTRATION, BIB NUMBERS (OPTIONAL), AND TIMERS AT FINISH.



2019 MISSIONS 5K/1MI [HTTPS://WWW.FLICKR.COM/PHOTOS/EOCUMC/](https://www.flickr.com/photos/eocumc/)

OR

CREATE A VIRTUAL RUN/WALK TO RAISE FUNDS FOR A LOCAL MISSION.

- ➔ LET FOLKS RUN OR WALK AT THEIR OWN TIME AND SPACE: NO ROUTE, NO TIMERS, NO LINES FOR THE BATHROOM!
- ➔ CREATE A 5K/1 MILE RUN WEEK WHEN THEY WOULD COMPLETE THEIR GOAL.
- ➔ PLAN FOR REGISTRATION AND A WAY FOR FOLKS TO TRACK WHEN THEY RAN.
- ➔ USE EMAIL OR SOCIAL MEDIA PAGE TO INFORM, ENCOURAGE AND CREATE ENGAGEMENT AND COMMUNITY. SHARE PHOTOS, USE A HASHTAG, ETC.

BOTH WAYS OF ORGANIZING A 5K/1MILE WALK ALLOW FOR . . .

- ➔ ENCOURAGING PEOPLE TO MOVE, GET OUTSIDE, AND BE HEALTHY.
- ➔ DEVELOPING A SERMON SERIES ON ABUNDANT HEALTH AND WHAT SCRIPTURE SAYS ABOUT MIND, BODY, SPIRIT HEALTH. [HTTPS://UMCABUNDANTHEALTH.ORG](https://umcabundanthealth.org)
- ➔ ENCOURAGING A COUCH TO 5K TRAINING PROGRAM FOR YOUR CONGREGATION AND COMMUNITY.
- ➔ PARTNERING WITH FOOD BANK, FOOD PANTRIES, HOMELESS SHELTERS ETC. TO USE THIS EVENT AS A FUNDRAISER FOR MISSIONS.
- ➔ PARTNERING WITH MINISTERIAL ASSOCIATION OR OTHER FAITH COMMUNITIES.
- ➔ DON'T WORRY ABOUT CREATING A T-SHIRT OR ADDED EXPENSE IF YOU DON'T WANT TO, EVERYONE HAS ENOUGH T-SHIRTS!

QUESTIONS?

CONTACT KATHY DICKRIEDE, MISSIONS AND COMMUNITY ENGAGEMENT COORDINATOR
KDICKRIEDE@GMAIL.COM | 330.842.1048 | [HTTPS://WWW.EOCUMC.COM/MISSIONS/UMVIM.HTML](https://www.eocumc.com/missions/umvim.html)