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.

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/1 Mile 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
- 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?
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