



VIRTUAL 5K

TUESDAY, MAY 18, 2021







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• APARTMENT COMMUNITIES •

HOW TO PARTICIPATE



-  Register online at unitedwaygcr.org/518Day
-  Print your 518 Day 5K bib and let us know why you LIVE UNITED.
If you don't have a printer, get creative and make your own!
-  Download a fitness app to track your run/walk
-  Choose your 5K (3.1 miles) route
-  Complete the run anytime from Sat., May 15 - Tues., May 18
-  Take a picture on your run and tag us on social media

#518Day

A STRONGER AND MORE RESILIENT CAPITAL REGION

IS WHY I LIVE UNITED



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