



Join us for the 2018 Frassati USATF Certified 5K & Family Fun Run:
Friday Night, Sept. 21, 2018 1/2 mile 6PM; 5K 6:15PM

4 Simple Steps to Join: Register-Raise-Recruit-Run!

1 Register:

- Online registration required for all run/walk participants!
USATF Certified 5K run/walk: \$25, Family Fun Run: \$12
Every pre-registered participant will receive a short sleeve performance wear t-shirt
REGISTER HERE www.frassati-wbl.org/frassati-5k
- If registering as a FAMILY- indicate a TEAM NAME.
- All registered participants will receive a raffle ticket to enter into raffle prize of their choice.

2 Raise

- Create a Mightycause Team Page (optional), an online fundraising platform that is simple to use and will allow you to fundraise using Social Media and email links. We can also accept offline donations in the form of checks and cash - SO ANYONE can contribute in the way most convenient and comfortable for them. FCA hopes that this will help all families meet and even EXCEED their \$500 annual fundraising obligation. **www.mightycause.com/team/Frassati5k2018**
- When setting up your Mightycause page - be sure to use your Team Name from registration.
- ALL registration fees will be applied to the \$500 family fundraising obligation.

3 Recruit

- Know anyone who loves to run?? RECRUIT them to join our Frassati 5K or Fun Run as an individual. Share your TEAM NAME with them so they can enter it when registering! All registration fees will be applied towards your fundraising - It's a WIN WIN!! There are lots of ways to recruit; encourage them to visit our website, share our Facebook Event Page - or good ol' word of mouth works too! And new for 2018, our 5K course is USATF Certified!

4 Run

- JOIN THE FUN on FRIDAY, SEPTEMBER 21!
- Packet pick up open Friday noon-5:45PM. Post race food and fun to follow. There will be a youth obstacle course brought to us by BearPower onsite for kiddos who aren't able to run the 5K as well as a Kids/Family Fun Run at 6PM
- All families who participate will receive 5 volunteer hours.

This event raises funds for Frassati Catholic Academy while promoting health and community in White Bear Lake.

***If your family raises the full \$500 fundraising requirement by April 5, 2019, you will receive 4 tickets to the Spring Gala.*



FRASSATI
CATHOLIC ACADEMY
STREAM

PRESCHOOL • ELEMENTARY • MIDDLE SCHOOL
4690 Bald Eagle Avenue
White Bear Lake



www.frassatiwbl.org

Church of St. Pius X



Register Now!

RAIN OR SHINE! REGISTER ONLINE TODAY AT:

www.frassati-wbl.org/frassati-5k