



5K



Join us for the 2019 Frassati 5K Run/Walk & Kids/Family 1/2 Mile Fun Run/Walk:

**Friday, September 20, 2019 1/2 Mile 6PM; 5K 6:15PM
4 Simple Steps to Join: Register-Raise-Recruit-Run!**

1 Register: www.Frassati5K.com

- Online registration required for all run/walk participants!
Frassati 5K Run/Walk: \$30, Kids/Family 1/2 Mile Fun Run/Walk: \$15
Every participant pre-registered BY SEPTEMBER 10 will receive a short sleeve technical shirt. 5K Price increases after September 15 to \$35.
- 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.

<https://www.mightycause.com/team/Frassati5k2019>

- When setting up your Mightycause page - be sure to use your Team Name from registration.
- We can also accept donations in the form of checks and cash.
- 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 Kids/Family 1/2 Mile Fun Run/Walk 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! Remind friends and family it's a great night out the entire family can enjoy! Competitive runners will love the runner awards and fast, certified course!

4 Run

- Packet pick up **STRONGLY ENCOURAGED** and onsite registration is open at school: Tuesday/Wednesday/Thursday 8AM-4PM Friday 8AM-5:40PM.
- There will be youth activities as well as a Kids/Family 1/2 Mile Fun Run/Walk at 6PM for those who aren't ready to run a 5K.
- Post race food and fun to follow.

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



FRASSATI
CATHOLIC ACADEMY
STREAM

PRESCHOOL • ELEMENTARY • MIDDLE SCHOOL

4690 Bald Eagle Avenue
White Bear Lake

www.frassati-wbl.org

Register Now!

RAIN OR SHINE! REGISTER ONLINE TODAY AT:

www.Frassati5K.com