

# DE-FEET HUNGER

## VIRTUAL 5K

### STs. JOACHIM AND ANN CARE SERVICE

## Join Sts. Joachim and Ann Care Service to DE-FEET HUNGER!

Here is your chance to get outside and enjoy the great spring weather while helping care for the most vulnerable in our community.

Register [online](#) before May 15<sup>th</sup> for the **De-Feet Hunger Virtual 5K** and run or walk in your favorite park, trail, or neighborhood any time between May 15<sup>th</sup> and May 29<sup>th</sup>. Where and how you complete your race is up to you. Track your time and see how your results compare.

Proceeds from this event benefit Sts. Joachim and Ann Care Service.

### How do I participate?

- Register for the [De-Feet Hunger Virtual 5K](#) before May 15, 2020
- Complete your 5K between May 15 – May 29, 2020
- Post and share photos on social media: tag us at @jacaresstchas and use hashtag #defeethunger2020
- Use your unique referral code to invite friends and family to join you (virtually, of course). Receive a special swag item for five registered referrals.
- Enter your results to see how you compare to other racers.
- Get your swag! Adult/Child registrations receive a **De-Feet Hunger Virtual 5K** t-shirt. Registered dog participants receive a commemorative bandana. (distribution date/method tba)



Thank you to [1st Advantage Bank](#) for your support of Sts. Joachim and Ann Care Service and **DE-FEET HUNGER Virtual 5K**.



<https://defeethungervirtual5k.itsyourrace.com/>