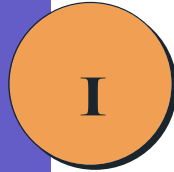


FOUNDER'S DAY 5K



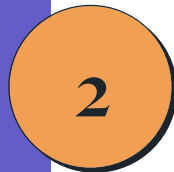
April 30, 2022

5 EASY STEPS TO PLAN YOUR FOUNDER'S DAY 5K & MUSTARD SEED 1K



Ask.

Find a passionate Team Captain who has a heart for our mission



Plan.

Drive a 5K & 1K loop in your local neighborhood or church parking for your course



Spread the Word.

Leading up to April 30, let everyone know and encourage people to join your team



Discover.

A Race Day Box will be sent to each Team Captain from Wellroot. Open it and use the items inside for festive & inspiring decorations



Race Day.

Bring the basics- water, bananas/food & music.

Then, CELEBRATE!

Enjoy having a great time with your team before/after the race! Make sure you tune in to our live feed on Facebook & post pictures.



FOR QUESTIONS, VISIT
WELLROOT5K.ORG OR
CONTACT ALYSON ACKERMAN AT
AACKERMAN@WELLROOT.ORG