



You're Invited!

Monday (4/19) - **Friday** (4/30)

What better way to shake off the winter blues than with a springtime 5K? Join us for the third annual Earth Day 5K—virtually!

You'll have two weeks to complete it your way: on a treadmill, around your neighborhood, on a local track, or on the official 5K course. It's up to you!

All are welcome to participate in this **FREE** event.

Sponsored by: Frederick Health Green Team and simplywell

Racers

Show Us Your Earth Day Spirit



There's no better way to celebrate Earth Day (4/22) than giving back through sustainability. Take a picture of your sustainable activity (gardening, recycling, and donating clothes are just a few ideas!) and post it to social media, tagging LiveWell Frederick and #EarthDay5K.

REGISTER TODAY

Don't wait to sign up!

Registration ends Friday (4/16). Want to join but not sure where to start? Download our [Couch to 5K toolkit](#) with helpful training tips.