

DURAND

Swim Club

Virtual 5K

October 3-24, 2020

Name	
Address	
Email Address	
	\$25.00 5k Registration with T-shirt (local pick up October 3 in Durand)
	\$25 .00 5K Registration with Bandanna (local pick up October in Durand)
	+ \$7.00 shipping of T-shirt or Bandanna

Mail registration to: Durand Swim Club E7274 160th Ave Mondovi, WI 54755 Registration is due October 3, 2020

Stay strong and active during physical distancing with this fun challenge for all ages and abilities! Whether you are walking, running, biking, rollerblading, or using a treadmill we challenge you to complete a 5K (3.107 miles) by October 24! Starting October participants can pick up their t-shirts or bandannas at the drive through local kick off event, Track your activity through October and support the Durand Swim Club! Not local? That's ok! We can mail you your t-shirt or bandanna for an additional \$7. Make sure to indicate you would like it mailed during registration.

You must register online and pay the \$25 registration fee to participate and receive your t-shirt or bandanna. Log sheets are available to download when you register. Please email photos and fun to sosdurandpool@gmail.com when you have completed and or exceeded your 5K! Race certificates of completion will be emailed to all participants.



Advent Health