

5K RUN FOR THE SON

Written by Rebecca Wheeler
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Christian Care and the Fellowship of Christian Athletes are teaming up for their 2nd annual 5K certified Run/Walk, the Run for the Son, sponsored by Max Muscle. The purpose of the run is to build community awareness about the work being done by the two organizations while forging relationships with others who believe in their cause. Since both organizations seek to help those less fortunate in the Quad Cities community, they will invest the funds generated by the run to positively transform the lives of the individuals they serve.

Music and fun will highlight the Run for the Son. This 5K certified run/walk will begin at Christian Care's Rescue Mission located at 2209 3rd Avenue in Rock Island and continue through the District of Rock Island. Registration for the race is conveniently available online at www.getmeregistered.com/runfortheson. Early entry fee through May 18 th is \$20 and registration from May 19 through June 2 is \$25. Runners can pick up their race packets and register on site from 7:00 am – 7:45 am.

Registrants will receive an official race t-shirt and goodie bag. Max Muscle will provide shakes, Realm Wellness Spa will provide a water station, and the ladies of Grace Evangelical Free Church of Davenport will be accepting donations for their delicious baked goods. The Fry Daddies will set the pace with their live music while cheerleaders from the Cheerleading Stunt Academy motivate runners and walkers. Matching funds have been applied for through Thrivent Financial for Lutherans, plus they will be providing some volunteers for the event. Trophies and prizes will be awarded for the top overall male and female and the top team; medals will be awarded to the top three in the following age groups: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+.

Volunteers are needed for this event; please call Rebecca at 309-788-2273 to volunteer.

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