

Virtual 5K

From Oct 4 – Oct 10th
Run/Walk in the
convenience of your
home or neighborhood.

Join with a friend...

Medals will be given for 1st,
2nd, and 3rd place Overall
Male and Female winners.
A finisher certificate will be
given to all others who turn
in results.

It is such a great way to
join together in this
mission for life!!



Concepts of Truth VIRTUAL Run/Walk 4LIFE 5K

October 4th - 10th. Choose your own location and pace!



Registration \$20 includes awesome t-shirt.

From October 4 – October 10th at noon you can walk, run, jog, hike or even hop on your treadmill.

Track your run/walk on Garmin, Strava, Map My Run, or another platform.

Or track your distance with a stopwatch on your phone and a piece of paper and submit your results.

Register at www.runsignup.com/Race/AR/Virtual/conceptsoftruth4Life5K

Registration is \$25 after Sept. 10th



Proceeds benefit Concepts of Truth International, a non-profit counseling organization since 2001 sustaining families in mental and sexual health providing direct services & training including a 24/7 International Helpline 866.482.LIFE for reproductive loss & sexual trauma. **Thank you for partnering with us!**

Organization is accredited with the Economic & Social Council at the United Nations.

Run 4 Their Life Virtual 5K
Oct 4 - 10

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