

The Italian American Association of Monmouth County Presents

Virtual 5K Run/Walk-A-Thon

Time to welcome in Spring and get some exercise by participating in our 5th annual virtual run/walk-a-thon! You may choose to participate as an individual or form a team. **You may also choose to run or walk the 5K distance all at once or break it up over a few days between May 11-19. Walking on the treadmill counts as well.** You may conduct the event wherever you choose...in a park, on a boardwalk, or around the block in you neighborhood. **This year we are once again featuring an option day to walk in person as a group! We will meet on Saturday, May 11 at 9:00 am in Opatut Park, East Freehold Road, opposite part of the park where we play bocce...so the other entrance.. We will walk together and after our walk enjoy bagels, pastries, cofffee, tea together by the picnic tables near the bocce court. If you are registered to do the 5k and are choosing to walk or run it during the following days, you may still join us in the park for refreshments to kick it off! Please let me know by text and/or checking below if you are interested in this so we know how many refreshments to order.** The event is a fundraiser to support the IAA scholarship/cultural/charity fund. All participants will receive a tote bag with a number bib, finisher certificate and of course some goodies! Participants will be entered into a drawing for a prize. There will be a separate additional prize awarded to each team member of the team with the most participants! We ask that when you complete your run or walk that you take a picture with your finisher certificate and post it on social media using #iaaofmc so that we can post it to our website. You can also text a picture to me at 732-771-6785. Please encourage family, friends and coworkers to participate. It is a fun way to get out in the fresh air and get some exercise while supporting the IAA! **Deadline to enter: May 1st.** Questions, please contact Cheryl Scuorzo, (732) 771-6785. thank you for your support!

Event Date: May 11-19 Entrance Fee: \$25.00 per person

Payment: You may send your payment using the Venmo app @iaaofmc In the description note IAA5K
If writing a check, please make checks payable to IAA of MC and mail with your form to:
IAA of MC

P.O. Box 224

Marlboro, NJ 07746

Bag pick up: Friday afternoon/evening, May 10, at 7 Gibson Court, Marlboro, or Sat. May 11, between 9 AM-10AM at the park kick off!

Name _____ Phone # _____

_____ Individual _____ Team (If so, team name) _____

_____ Participating in in person walk Saturday May 11 _____ # of participants

_____ Attending kick off launching to socialize but walking during the week

Amount Enclosed _____ (\$25 per person) email Shirt size _____