

Step FORWARD 5K

FUN RUN + WALK FUNDRAISER



REGISTER BY MAY 14TH AT
[NEXT-STEP.ORG/5K](https://next-step.org/5k)

Lace-up your sneakers and raise funds to support Next Step's mission of empowering women to make confident and healthy life choices.

Two ways you can participate:

RUN THE 5K

Run or walk the 5K AND fundraise for Next Step! (fundraising optional)
Run any time between May 8 to May 15.

COST: \$40

Registration includes:

Exclusive Self Care Kit (shipping included)
Personalized Fundraising Site (optional)
Printable Digital Race Bib
Weekly Training Tips & more

PLUS:

input your finishing time
online for a chance at
prizes for the top male
and female finishers

FUNDRAISE ONLY

FUN RUN/WALK

Don't feel like running and just want to fundraise? We're here for that too!

COST: FREE

Registration includes:

Personalized Fundraising Site
Weekly Fundraising tips & more

PROMO CODE FOR \$5 OFF:

PRIZES

- Top 5K finishers in male and female get prizes
- Earn prizes for hitting fundraising milestones
- Win in our participant raffle at our closing ceremonies Zoom party



Learn more and sign up today at next-step.org/5k or scan the QR code