



United for a Cause 5K Run



May 5, 2020 



5K Run | Family 1 Mile VIRTUAL Walk/Run
Tuesday, May 5, 2020

On Tuesday, May 5, 2020, the Fanwood-Scotch Plains YMCA and the Scotch Plains-Fanwood PTA Council will partner together to host a VIRTUAL 5K and Family 1 mile walk/run.

This 5K event is a collaboration of the YMCA and volunteers from our local school community.

It is a Virtual Run, which means you can run the 5K or One mile and record your time into our system.

We will allow runners to enter their time for a period of about a week. Emails will go out just prior to May 5th to send you the link to enter your times.

Registration will be accepted through May 9th.

Pre-registration is required and there is no fee at all. Donations are encouraged, but not mandatory.

Please help support our cause! Be Healthy!

PROCEEDS TO BENEFIT:

Livestrong at the Y is a twelve-week physical activity program free to members of our community recovering from cancer. The Livestrong program enables the Fanwood-Scotch Plains YMCA to offer participants educational seminars, childcare assistance and services for financial management. The program focus helps recovering cancer survivors; "get their lives back" physically, mentally and spiritually. We want to give survivors the tools to continue their journey of health and wellness beyond the twelve-week program.

Scotch Plains-Fanwood PTA Council Health and Wellness Scholarship. Many of our local students choose to pursue a career in the health and wellness field and this event will acknowledge a student(s) positive intentions by providing scholarship monies to put towards their college, school or training program costs. By providing financial support we hope to foster their desire to make our world a healthier place.

For more information and to register, please go to
www.unitedforacause5k.org

