

Looking for a family-friendly local 5K
that supports a great cause?



***It's time to
register for the
2nd Annual
Swallow 5K!***

Join us for Swallow's 2nd Annual RUN YOUR SOCKS Off 5K Run/Walk on May 20, 2017! This event is sponsored by the Swallow Education Foundation and will directly benefit improvements to Swallow's wellness/lifetime vitality programming and infrastructure as laid out on this [Investment Plan](#).

For more information, click [HERE](#). To register click [HERE](#). Like us on Facebook: www.facebook.com/swallow5k

NEW THIS YEAR:

- 5K training by Endurance House--*Kickoff meeting March 25. Must sign up by April 1.*
- Family sponsorship opportunities
- Health/sponsor fair on race day--*Begins at 8am*
- Team 5K coupons

Questions? *Contact the Swallow Education Foundation Run Organizers*

- ★ swallowschool5k@gmail.com
- ★ <http://www.swallowschool.org/ef/>
- ★ 262-367-2000 x100