

From: **Mike Leahy** <mleahy@cmhliv.org>
Date: Tue, Apr 7, 2020 at 11:20 AM
Subject: All Minds Matter 5K going virtual this year: Please join us!



To: genesishouse10@gmail.com <genesishouse10@gmail.com>

Dear Clubhouse Supporter,

In order to protect the safety of our participants and comply with recent COVID-19 restrictions, the All Minds Matter 5K is changing to a virtual event this year. Although we will miss seeing everyone in person, there are many advantages of a virtual race that we are looking forward to. We are happy that we can still encourage fitness and wellness in this creative way.

We know that you care about and support our cause, and we are excited to connect with you in new and exciting ways. This fundraiser will continue to help our Clubhouse in its mission to help members integrate into the community. We truly appreciate your understanding and ongoing support.

We will continue to use runsignup.com as a host for this event. Current participants who wish to participate in the virtual event will be emailed and given this option. New participants can register and choose the virtual event. Virtual runners and walkers who participate will be allowed to submit their times.

Click the link to learn more, donate, or sign.(Add the link for your own virtual race here.)

Runners and walkers can use apps such as "Map My Run" to know the distance they are traveling.

If you wish to participate, but don't want to go the full distance then simply register, walk/run your desired distance, and then mark "finished" after the run without giving a time.

T-shirts will be available to all registered participants. Sign up ASAP (add the date you need it by) to ensure you are able to receive it before the event.

We will also post photos and other important information to our Facebook page (Add the link to your Clubhouse's Facebook page).

This also provides great motivation to get out and start training!
Thank you once again for your incredible support,

Your Clubhouse friends -