

FREE!

2nd Annual Change the World Day 5k Run & 1 Mile Walk

NO REGISTRATION FEES!!

We ask that you bring items for care packages to be sent to US Service Members on deployment!

Date: 05/20/2017

Time: 0900

Pre-register by: 05/19/2017

Starts and Finishes at Mentor United Methodist Church, 8600 Mentor Ave., Mentor Ohio

The 5k race is an out and back loop through the residential area of MUMC. An aid station will be provided.

All "entry fees" will be shipped overseas to US service members. A full list of items and ideas is available on the registration page.

Register Online at:

<https://www.webscorer.com/changetheworldday5k>



PRIZES

Prizes to the top three female and top three male finishers

Sponsored by:



Care Package Ideas (these are just IDEAS):

Beef jerky, Peanut Butter, Nuts, Protein Bars, gum, instant coffee, sunflower seeds, drink mix, fruit snacks, hot chocolate, ramen noodle, trail mix, dried fruit, candy, instant oatmeal, cereal bars, pringles, candy bars, sunscreen, hand sanitizer, chap stick, lotion, insect repellent, wipes, shampoo, body wash, soap, deodorant, disposable razors, shave gel, toothbrush/paste, mouthwash, foot powder, floss, q-tips, eye drops, advil/tylenol, feminine hygiene, games, cards, magazines, crosswords, Frisbee, balls, washcloths, blankets, batteries, books, hand warmers, Kleenex, antacids, bibles