VIRTUAL 5K RUN FOR THE MIND
JUNE 1-30, 2020

NAMI DuPage is the DuPage County affiliate of the National Alliance on Mental Illness. For over 33 years, we have provided support, advocacy and education to improve the quality of life of individuals with mental illnesses and their families. In the last year we touched the lives of 34,000 of our neighbors in DuPage area communities.

We need your support and participation!

The Run for the Mind supports a broad array of programs and services which are free for individuals and families in need. The 5K Walk/Run is also a wonderful opportunity to come together to show support for struggling individuals and families. By walking or running through local neighborhoods you can help lift the stigma often surrounding mental illness.

Virtual 5K Run/Walk

• A virtual run means no designated course—you can walk or run wherever you are able! Neighborhoods, parks, & forest preserves.
• Private Facebook page for all participants to communicate with & encourage each other
• Guaranteed t-shirt for all registrations
• Recognition for top three males and top three females in each age group

Register Online. Easy as 1-2-3!

It’s quick and easy! All the links are on our website at www.namidupage.org/RFTM.  
1. Register as an individual, join an existing team, or start a team of your own!  
2. Make a personal donation, if you would like.  
3. Set up your own fundraising page and use e-mail, Facebook and Twitter to spread the word and invite family and friends!
Entry Fees & Costs
$30 before June 1
$35 with cotton t-shirt
$45 with Dri-fit t-shirt

Route Info
Wherever you are! Safely run in your local neighborhood, parks, and forest preserves. Please be safe and practice physical distancing where necessary with others enjoying the outside, as well as teammates outside of your household.

Local Running Trails
Find a trail guide at www.DupageForest.org by clicking “Things to Do” then “Get Outside.”

REGISTER ONLINE
All the links are on our website:
www.namidupage.org/RFTM
**Shirt & Bag Pick-Up**
All t-shirts and other materials will be available for pick up in July. 
**Details to come**; dependent on regulations regarding COVID-19.

Community Center  
115 N County Farm Rd., Wheaton, IL 60187

**Recognition**
No medals this year! Recognition will be given on our website to the top three male and top three female runners in the following age groups: 14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; and 70 & over.

**Pledges**
Go the extra mile by asking your family and friends to support you! Participants can use the attached pledge form and/or create an online pledge page by following the links on our website at [www.namidupage.org](http://www.namidupage.org). Pledges are due before the end of our month-long event: June 30, 2020.

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**See how easy it is to raise $500 in just one week!**

**Day 1:** First donate $25 yourself  
**Day 2:** Ask 4 family members to donate $25 each  
**Day 3:** Ask 5 co-workers to contribute $15 each  
**Day 4:** Ask 5 friends to donate $20 each  
**Day 5:** Ask 5 neighbors to donate $15 each  
**Day 6:** Ask your boss for a company contribution of $50  
**Day 7:** Ask 3 businesses you frequent for a donation of $25 each