

RUN FOR THE SON



**Fellowship of Christian Athletes
& Christian Care**

Present Our

1st Annual 5K Run/Walk

Sponsored by



Saturday, June 4, 2011

8:00 am – 9:30 am



Registration:
getmeregistered.com
Run for the Son

Entry Fee:
\$20 early
registration-
Through May 20th
\$25 late
registration-
May 21st - June 4th
Entry Fee includes
T-Shirt & Goodie Bag

Prizes:
Top overall
male and female.
Top (3) male and
female in the
following age
groups: 19 & Under,
20-29, 30-39, 40-49,
50-59, 60-69, and
70+.

Participants will be
provided with
Max Muscle Shakes &
a water station by
Realm Wellness Spa

Mary Jo Donahoe
MDonahoe@FCA.org
(309) 762-8871, texting too!
www.illowafca.org



**5K RUN/WALK
"CHIP RUN"
THROUGH THE
DISTRICT IN
ROCK ISLAND**

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