

SEPTEMBER 19TH

TEAM
RunFree



CRUSH CORONA 5K

@ LINCOLN SAVINGS BANK, ADEL

Team RunFree uses adaptive running methods to share the joy of running with those who cannot run on their own.



8:30 A.M. RACE BEGINS!

REGISTRATION \$35
WWW.TEAMRUNFREE.ORG

PARTICIPANTS RECEIVE

A **FREE**
"CRUSH CORONA"
T-SHIRT & PANCAKE
BREAKFAST!

Coffee by The Rooted Bean
Breakfast by Chris Cakes

**PACKET
PICK-UP**

SEPTEMBER 18TH

FROM 12-5 P.M.

RACE DAY

FROM 7:15-8:15 A.M.

@ LINCOLN SAVINGS BANK, ADEL

 Find us on
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**ALL PROCEEDS HELP TEAM RUNFREE
DELIVER MORE MILES OF SMILES!**