



5K WALK/RUN

to benefit autism awareness

Virtual

April 17th to 30th

- Walk/Run on your schedule socially distanced
- Use an app of choice to log your distance and time

In-Person

April 24, 2021

- 8:00am Walk-in Registration
- 8:45am Warm-up/Stretch
- 9:00am Start

We encourage early registration. Swag packages available while supplies last.

Registration

<http://www.essencefitnessstudio.com/autism-awareness-5k-walk-run/>

Registered participants will receive a bracelet, bib, and other promotional materials, while supplies last.



A portion of the proceeds will be donated to The Color of Autism Foundation.