Sweat It Out Virtual 5K

A Safer Way to Sweat For Those Who Can't!

<u>Four Easy Steps to Register:</u>

Step 1: Register from now until June 30th @
https://runsignup.com/Race/SC/Columbia/SweatItOut5k

Step 2: Run or Walk the 5K distance anywhere by June 30th.
(Option of reporting your time to the link we send you after you register!)

Step 3: Get your Amazing SWAG by Mail!
A Quality Race Shirt & A Custom Buff (that doubles as a face mask!)

Step 4: Support Nick and his Great Cause!
The National Foundation of Ectodermal Dysplasia (NFED)

#sweatanywherefornick #sweatitoutvirtual5k2020