

# WALK ACROSS SUMNER



## SUPER HERO 5K & FUN RUN

Walk Across Sumner (WAS) is a 4-week campaign that encourages Sumner County students to get up and get moving for 30 minutes a day, 6 days a week. Any type of physical activity is encouraged! The campaign begins Monday, March 4 and runs through Saturday, April 6.

### 5K and 1 Mile Fun Run

- The event will be on **Saturday, April 6<sup>th</sup>** with the race starting at the Gallatin Civic Center front parking lot
- To register for the 5K or 1 Mile Fun Run, go to <https://walkacrosssumnersuperhero5kandfunrun.itsyourrace.com/register/>
- You can also visit <https://www.healthysumner.com/>
- Pricing:
  - \$25 for the 5K until March22, then price goes up to \$30
  - \$80 total for a team registering for 5K together until March22 (teams must be at least 4 people), then price goes up to \$100\*
  - \$6.75 for 1 Mile Fun Run until race day
- Packet pickup will be Friday, April 5th at the Gallatin Civic Center from 2pm to 6pm and Saturday, April 6th at the Gallatin Civic Center 6am until race
- T-shirts are included in registration price. **There will be no t-shirt sales.**

- Race Day Schedule:
  - 7:35am: 5K start time
  - 7:45am: 1 Mile Fun Run start time
  - Awards will be given after the race to runners who win in each category
- Award distribution for event participation:
  - Participation is based on online registration for the event
    - Both 5K and 1 Mile Fun Run participation counts
      - Any person who registers online and chooses your school from the drop-down menu will count towards your school's participation number (this includes students, staff, family, anyone)
- Since this is a super hero themed race, all participants are encouraged to wear super hero capes/costumes. We will also be honoring our local heroes- police, firefighters, EMS, etc.