

RACE 4 - FAQ

What is Race 4 anyway? Back in 2013, a member of our church family was going through some health issues and the medical bills were piling up. The Board of Church in Society thought a good way to raise funds for this person would be to have a fun run/walk, something everyone could enjoy. Race 4 Susan was born and was a huge success.

Then in 2014, it was decided to continue with the Race 4 event, but instead of picking an individual to help, we wanted to help the entire community. We wanted this to be a fun healthy event, and hopefully bring more people from outside our church to participate. Race 4 Healthy Families was soon organized to help Lakeland Family Resource Center. Great fun was had by all!

With momentum carried over from the previous years, we were eager to try the Race 4 once again. Brainstorming about the organizations in the area that we could partner well with, it soon became obvious that the 2015 event would benefit the Northwoods Support Team, since our 950th National Guard Team was currently deployed overseas in Afghanistan. Race 4 the 950th was our biggest race yet! Approximately 100 racers!

In 2016 the event became Race 4 Washburn Christian Outreach. WCO's mission is to serve as a single point of contact for providing a "hand-up" to those in crisis in our county and is directed and funded by members of churches within Washburn County (including Trinity Lutheran). WCO partners with Salvation Army, Ruby's Pantry, ICAA-Connections, County Services, law enforcement, and other civic entities, to optimize resources in the most efficient means possible. They provide custom solutions that require financial & physical investment of both the client and the service provider before committing funds for involvement.

Who is the beneficiary for 2017? The W.C.A.H.S. animal shelter sustained a devastating fire on March 16th. Donations from this fundraiser will be greatly appreciated to help rebuild this much-needed animal shelter. This fun run/walk is a stroller & **pet** friendly event!

What exactly is the race like? Registration will be set up at the Spooner Elementary School, under the awning at the front entrance. Participants will arrive between 12:00 and 12:45 to register. We will ask you to sign a waiver and then you will receive a race bib. At 12:45 we will have announcements and sing a song. The race will start and you will head west on the paved path. Look for orange cones and follow the signs. Turn toward the high school, go clockwise around the high school, then back through the City Park, then east on Lafollette St., and finish back at the elementary school. The course is actually closer to 2.5 miles, but we call it a 5K or 3-mile race. The fastest runners are

usually done in well under 20 minutes, and the walkers are usually all back in under an hour. The top three finishers will get a homemade ribbon, hand crafted by Ruth Skeie. Participants can enjoy complementary refreshments (water, apples, bananas, granola bars). People can leave whenever they are done. There will not be an awards ceremony.

Do I have to run? People can run, walk, skate, bike, push a stroller, or any other non-motorized method.

What does it cost? We are asking for a free will donation. All proceeds will go to Washburn County Area Humane Society.