



Return form and payment postmarked by May 6 to Erie County Bar Association, 429 West Sixth Street, Erie, PA 16507.

19TH ANNUAL



RUN/WALK

WHAT IS VIRTUAL RUNNING/WALKING? Virtual running/walking is a great way to participate in the AKT 5K Run/Walk that can be done at any location locally or nationally, any time, and at any pace at the distance of your choice (3.1 mile run or walk). You can walk, jog, use the treadmill, run outside, or you can participate in any other fashion. It's completely up to you! If you're working from home or you're inside with the kids, this is a perfect way to break up the day and enjoy some fresh air! You will need to complete your virtual run/walk any time from Saturday, May 21 through May 29, 2022. Share your run/walk via social media, using the hashtag #AKT5K2022.

WILL I RECEIVE AN EVENT T-SHIRT or QUARTER ZIP PULLOVER? Yes, AKT 5K Run/Walk participants will receive a t-shirt or quarter zip pullover if registered by May 6 and it will be distributed May 20 at the Erie County Bar Association, 429 West 6th Street. *Please note that t-shirts and quarter zip pullovers will not be mailed. Any t-shirt or quarter zip pullover not picked up on May 20 will be brought to the registration area on race day, May 21.*

WILL RACE/WALK TIMES NEED TO BE SUBMITTED/AWARDS GIVEN? Submit a time using <https://www.strava.com/clubs/akt-5k-643474> and help share in the fun by posting a photo of your run/walk on Facebook or at the hashtag #AKT5K2022. Restaurant gift card prizes will be distributed the week of June 1 in the following categories: top three male and female overall participants in the Run/Walk; top three male and female attorneys in the Run/Walk; age group awards to the top three males and females 15 and under, 16-24, 25-40, 41-64, 65 and over; and Top Team Run/Walk participants (min. of 4 team members, average time of all team participants).

TIPS & IDEAS FOR YOUR VIRTUAL RUN/WALK: Use the app, <https://www.strava.com/clubs/akt-5k-643474>, to determine a 3.1 mile (5K) route near you! **We have even created a Strava Club, AKT Virtual 5K!** You can do the AKT 5K in a group, with a friend or by yourself – with social distancing guidelines in mind of course. It's up to you how you will participate. You can share your 5K Run/Walk with your friends, family, etc., through Facebook, Twitter, and Instagram by using #AKT5K2022!

Being a participant is an excellent opportunity for you, your friends, and your family to raise funds for AKT homeless students and programming. Post run videos and photos in advance of the May 21 kickoff for the chance to be featured on our Facebook page! Runners/walkers that participate on May 21 and post their experiences on social media could be featured in post-event communications.

THANK YOU TO OUR GENEROUS SPONSORS TO DATE:

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Contact Dara Bucholtz at dmbucholtz@thetravislawfirm.net for information.