

# Spring Stampede Virtual 5 Miler

## Fun Run/Walk/Hike

# 2021

*[WRITE PARTICIPANTS NAME HERE]*



When you have completed your run, you will take a "SELFIE" and/or a photo of your fitness tracker and upload it in the "Discussion" section of our facebook by NOON April 29. Post must include participants name, time and distance in comments.



FEP Vision<sup>SM</sup>



No federal endorsement implied.

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