



## **5k+ School Supply Fun Run**

Hosted by CrossFit Effingham

**When:** Saturday, September 16th @ 10am

**Where:** Trek Trail (Meet at EPC at 9:45)

Come join CrossFit Effingham on a 5k+ run/walk!

There are no prizes (except Bragging Rights) or fees; all that we ask is you bring school supplies. These items will be donated to the alternative schools of the Regional Office of Education #3: Aspire High School and Tri-Star Academy of Effingham, IL.

Every year, these state-funded schools provide students with the opportunity to receive credits that go towards their graduation, as well as an environment that promotes social and emotional development to individuals who are struggling in the public school systems.

School supplies that are needed include:

- Pens/Pencils
- Tape (Duck and Scotch)
- Kleenexes
- Glue
- Notebooks
- Folders

If you want to make a donation- but are unable to make it to the 5k-  
A donation box will be located at Crossfit Effingham.

Drop off Times:

1310 S Banker Street - 3:30pm-7:30pm Monday-Thursday.