



Hot? Breathing make you sweat these days? Exercising is NOT easy in this heat.

But picture this: a smooth, fast, flat course. A short distance. Cool fall breezes blowing through your hair . . . brrr, you might even need long sleeves!

Now that IS easy.

All are invited to join us for Run Like a Mother 2.0!

Run the Veterans' Day 10K in Washington D.C. on November 13th to raise money to help single mothers by supporting **First Shift Justice Project!**

Here's how you do it!

Sign up for the race! The race is on Sunday, November 13th, starting at West Potomac Park at 8 a.m. <https://www.runpacers.com/race/veterans-day-10k/>

Join our fundraising team on Crowdrise! (Here's the link: <http://www.crowdrise.com/run-like-a-mother-20>. Right under the "Donate" button on the right, there is a smaller black button that says "Fundraise for this campaign." Click it to join the team! *Note:* This button may not be visible if you try to access the site from your phone.)

There is no minimum fundraising commitment. Our collective goal is \$8000 - and

all donations will be matched by an anonymous donor! In its first year, First Shift raised \$4370 with only 5 participating runners! This year, we aim to double the number of runners and the amount we are able to raise.

Let your family and friends know you are running as a fundraiser and ask them to sponsor you by donating to First Shift Justice Project! In the months before the race, we will send you email templates and other information to help you fundraise.

Help us recruit runners! Please forward this invitation to anyone who runs and/or would be interested in supporting this important cause! Even if you decide not to run, you can help spread the word!

Run the race!

Please contact us at 240-241-0897 or lbrown@firstshift.org with any questions. Thanks for your support!



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