



Date delirium: that frantic feeling of being overwhelmed at the end of the summer as you load up your previously empty calendar with all of your family's commitments from now through next June!

We definitely feel ya - but here's one date not to be missed:

On **NOVEMBER 13th** you can run all that anxiety into the ground by participating in the Veterans' Day 10K in support of First Shift!

Visit the [First Shift website](#) for all [the information you need](#) to sign up for the race.

Free t-shirts to all who sign up and raise \$100 by September 20th! All donations will be matched!

Thanks!



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