



## JOIN US TO RUN LIKE A MOTHER!

. . . at the Veteran's Day 10K on Sunday, November 11th at 8 a.m.!

For the 4th year in a row, First Shift Runners will gather to raise funds in support of the working mothers that First Shift serves. Last year, we raised \$7500; this year we intend to exceed that!

Here's how you can be involved:

- 1) **RUN!** Sign up to run the 10K with the First Shift team and fundraise on behalf of First Shift Justice Project!
- 2) **WALK!** There is also a Veterans' Day 2 mile walk; a First Shift team is forming for that event as well!
- 3) **CHEER!** If you would rather stand at the finish line and eat donuts and cookies with my kids as the First Shift runners zoom past, we support that decision and we'd love to have you!
- 4) **DONATE!** Note: This option can be combined with the above. ;-)
- 5) **SHARE!** . . . this email or the [Facebook event](#) with all the running, walking, working family supporting people you know in the D.C. area!

For more information, please check out the [Run Like A Mother page](#) on the [First Shift Justice Project website!](#)

**Looking forward to seeing you at West Potomac Park on November 11th!**

**Laura Brown, Executive Director**

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