



JOIN US TO RUN LIKE A MOTHER!

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

For the 5th year in a row, First Shift runners will gather to raise funds in support of the working mothers that First Shift serves. This year our goal is to raise \$6000!

Here's how you can be involved:

- 1) **RUN!** Sign up to run the 10K with the Running Like a Mother team and fundraise on behalf of First Shift Justice Project! Don't want to do it by yourself? - Grab a few friends! The more, the merrier! Sign up by October 19th for a discounted registration fee!
- 2) **WALK!** There is also a Veterans' Day 2 mile walk; you can join the Running Like a Mother team to participate in that event as well!
- 3) **CHEER!** If you would rather stand at the finish line and eat donuts and cookies as the 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 [Running Like A Mother page](#) on the [First Shift Justice Project website!](#)



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