



# Support the MudWalk

“Virtual”

## Spooky 5K Fun Run/Walk

**to Benefit the SCPS Environmental Studies Center**

**PLEASE NOTE – this is a VIRTUAL 5K this year!**

**This year we are offering a virtual 5K to help raise funds for the Environmental Studies Center since we all can't be together safely right now.**

**Saturday, October 17, 2020 through Sunday, October 25, 2020**

### **How to do a VIRTUAL 5K:**

You can complete your 5K (3.1 miles) anytime between Saturday, 10/17 through Sunday, 10/25.

You can complete it anywhere you'd like – on a treadmill, in your neighborhood, on a trail, etc.

You can complete it however you'd like – you can walk, jog, run, heck – you can even swim it if you'd like!

You can complete it by yourself or with friends or family – although we ask that you social distance if you are out with others. 😊

### **After you complete your 5K:**

We would love for you to post comments or pics of you doing your 5K on our FB page! You can wear your 5K shirt or your costumes since we're keeping our spooky theme for Halloween.

## **Registration:**

*(All registration is non-refundable)*

### **Adults 18 & Up**

\$25

### **Youth 17 & Under**

\$15

### **Sleep-In Option**

\$20 (You don't have to do anything but you're supporting the Environmental Studies Center!!)

### **SCPS Employee Wellness Discount** *(Courtesy of SCPS Wellness)*

\$15 per SCPS Employee registration – that's \$10 OFF Registration!!!

***This registration rate is for SCPS employees only***

Select "SCPS Employee" registration option

### **Request to Mail Shirt/Package**

\$5 for shipping\*

\*You have the option to have your shirt mailed for an additional fee or pick up during Packet Pickup (see below).

*Register by September 23<sup>rd</sup> to ensure t-shirt size.*

*For later registration, t-shirts will be available only while supplies last.*

## **Sleep-In Option:**

Want to contribute to this event but not interested in actually doing anything? Participate in our "Sleep-In" option. Register for the event by choosing the "Sleep-In" option and pick your t-shirt size. Each morning of the virtual event you can stay snuggled in bed knowing you have contributed and you will also get a t-shirt! (Unless you have to get up for work or school – then you can't stay in bed!) 😊 If you really want to feel included, you can send us a pic of you sitting on your couch wearing your 5K shirt!

## **SCPS Employees:**

\$15 registration while spots are available. Please register using SCPS employee

registration option. Space is limited, so register TODAY! ***This discounted rate is for SCPS employees only.*** Please register your family members at the regular rates.

### **Shirt/Packet – Mail or Pick Up:**

You have the option to either pick up your packet or, for an additional fee of \$5 per registration, you can choose to have your shirt/packet mailed to the address you use on your registration.

Packet Pick Up will be held outside at the Environmental Studies Center on Friday, October 16<sup>th</sup> from 4PM-7PM. Pick up will be socially distanced and safety precautions will be followed. Environmental Studies Center, 2985 Osprey Trail, Longwood, FL 32750. Across CR419 from the Boombah Sports Complex (Soldiers Creek Park ball fields).

### **T-Shirts:**

Registered participants will receive an event t-shirt. **Shirt sizes and availability not guaranteed for registrations after September 23<sup>rd</sup>.**

### **Bibs:**

Bib will be emailed to you and if you choose, you can print them out – you don't really need them unless you want to feel official! 😊

### **Traveling Trophy:**

The Traveling Trophies will be awarded to the SCPS elementary, middle and high schools with the most registrations (staff, students & families). Winning schools get to display the trophy all year and will receive a plaque to keep at the end of the year.

### **About this Event:**

All proceeds from this event will benefit the Seminole County Environmental Studies Center.

Thank you for continuing to support the Environmental Studies Center and the programs we offer to our students.

For additional event questions, you may email [mudwalk5K@gmail.com](mailto:mudwalk5K@gmail.com).

*The Friends of the Environmental Studies Center is an authorized program of The Foundation for Seminole County Public Schools, a 501(c)3 organization.*