



Complete 1 mile or a 5K (3.1 miles) distance from your own neighborhood (...or treadmill!) anytime between **April 15-18.**

Tune in on Sunday, April 18th
to see how our participants, sponsors and Marklund residents celebrate their **4th Annual Run, Walk & Roll-Bloomingtondale 5K/1M!**

HOW TO PARTICIPATE

1. Choose your course – treadmill, neighborhood, local path, etc.
2. Set your distance and timer (5K = 3.1 Miles). If you're outside, try downloading a free and user-friendly running app, such as RunKeeper or MapMyRun
3. Count down... and Run, Walk or Roll to show your support for Marklund
4. Cross your personal 5K or 1mile finish line and stop those timers
5. **5K Participants ONLY:** Enter in your time by clicking the J3 Timing link located on Marklund's webpage at www.marklund.org/5kbloomingtondale

NOTE: The timing site will open on Thursday, April 15th and close at 11:59 p.m. on Sunday, April 18th. Overall and age placement winners will be posted on Monday, April 19th, by 12 p.m. through the "results" J3 link located on the Marklund webpage link above.

5K and 1 Mile: Fill out your finisher certificate and share your distance, time, and photos to social media, tagging @MarklundCharity and using #RunWalkandRoll #MarklundStrong. You can also document your journey by uploading a photo to your One Cause registration page or recording a video through our participant "Gather Voices Hive!"

Everyone that uploads a video to Gather Voices, a photo on One Cause, or posts a photo/video on social media using at least one of the hashtags above will be entered into a Target gift card drawing! Winner will be announced and contacted after April 18th.

How to Upload, Stay Connected and Tuned In

- Follow the Run, Walk & Roll Facebook event page or Marklund's Facebook and/or Instagram page. We will be bringing you ALL race updates, videos, and photos!

Remember! Everyone that posts a picture using #RunWalkandRoll or #MarklundStrong will be entered into our Target gift card drawing. DO NOT forget to make your posts "public" so we can see them!

Not on Facebook or Instagram? Want to share elsewhere? There are more options!

- 1) Upload photos to your Registration page - using the same email and password you signed up with. View other participant's photos through the One Cause "photo gallery" tab.
- 2) Record a video of yourself and/or team through our new Gather Voices Hive page! NO login necessary and talking points are provided!
- 3) Email your photos or videos to Race Director, Natalie Sarby, at nsarby@marklund.org.

Participants that share content through these outlets will also be entered into our gift card drawing!

- Visit our Marklund YouTube page to view Marklund resident, sponsor and staff videos. All videos will be accessible by 8:00 a.m. on Sunday, April 18th.

- Keep an eye on your phone and email! Each participant that has provided us with a mobile number will receive race updates and motivational texts from our Run, Walk & Roll team. E-mails will go out pre and post event, filling you in on everything you need to know!

**5K timing links and website links mentioned above
are located on our Marklund event webpage at
www.marklund.org/5kbloomingdale**

QUESTIONS? Contact Race Director, Natalie Sarby, at nsarby@marklund.org or (630) 593-5461

Thank you to our amazing 2021 Sponsors!

