



# Your NAPNAP Chapter Wants you to Help Inspire Young Girls to be Healthy Confident!

The Washington Chapter's National Association of Pediatric Nurse Practitioners would like you to help us get involved, by supporting young girls K-8 finish their first 5K! Register as a community runner or race day volunteer to help out with the event and cheer on these girls!

**Remember, its not how fast you get there, its the journey!**

## Community Runners:

Please visit <http://girlsrun.org/fall5k/>

Cost is \$30.00 and includes T-shirt and finisher medal

## Event Day Volunteers (No Cost)

Please Visit: <http://www.volunteerspot.com/login/entry/1138866452022>

## Commitment:

Attend Race day event on December 12th

Race Starts at 9:30am

Magnuson Park; 7400 Sand Point Way NE

Seattle, WA, 98115

Please contact [lfro89@uw.edu](mailto:lfro89@uw.edu) to RSVP. We will pick up your race packets and have them ready for you at the race!

Post-Race Social hour with Coffee and Pastries will be at 10:30am at 60th street desserts!

