

First United Methodist Church 5K Virtual Run/Walk With Jesus to benefit our local food banks



Walkers and Runners of all ages... come join this 5K virtual event. Participants will leave from where ever they want, whenever they want on the weekend of March 26-28. We are doing this for goodwill to help feed those in need, for fun, for community, for exercise and just to get out of the house.

1. Plan and map out your own 5K (3.1miles) route in your neighborhood, in town, on a treadmill, at a park, anywhere.
2. Complete your race anytime on or before the weekend of March 26-28.
3. If you like, take a photo when you begin or at your finish line and email it to Karen Appleby – spiritquest@gmail.com We will post the names of the runners/walkers with any stories or photos that are sent into Karen.

Registration Required

1. Online using the church website at fumchvnc.org , click on “events” and then look for “5K Virtual Run/Walk With Jesus” OR
2. Use the attached registration form and mail it with your donation to FUMC, 204 Sixth Ave. West, Hendersonville, NC 28739

Donation: \$10 (put “5K fundraiser” on memo line),
plus any pledges you might collect from family and friends.

You can donate 10 cans of food instead of money. Drop cans off inside the double doors at the portico entrance at FUMC before March 26th. (designated box)

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REGISTRATION FORM for mail-in

Name _____ Contact info _____

make sure donation is included (with “5K fundraiser” on memo line)
mail to FUMC, 204 Sixth Ave. West, Hendersonville, NC 28739
Questions can be directed to Karen Appleby spiritquest@gmail.com