



## Surgeon General's Virtual 5K Run

June 7-10, 2018



### **“Stomp Out Addiction/Mental Illness/Obesity”**

All virtual run and onsite participants register through the [same link](#). Participants of all ages are encouraged to sign up for either/both runs. Registration is free. A limited number of T-shirts will be available free of charge to participants on a **first come, first serve basis**. Runners that register for the virtual run will be required to identify the local chapter, and they are expected to contact their local COA team leader for information about their local run site, day, and time. This is an official PHS Athletics event, so participation in this event will qualify for credit (criteria must be met).

#### **Each runner is expected to:**

- register for the event <https://runsignup.com/Race/TX/Dallas/SurgeonGenerals5KRunWalk>
- select the cause you are running for and would like to displayed on your T-shirt: *Stomp Out Addiction, Stomp Out Mental Illness, Stomp Out Obesity*
- run the 5K with the local COA Chapter on the designated date, time, and location of the Virtual event (or individually/independent group **only if no local COA chapter is available**); and
- pick up the free T-shirt at the local COA

**\*Note: The free T-shirt can be mailed to personal address ONLY if no Local COA is available.**

#### **Each local COA is expected to:**

- identify a team leader and shipping address for the team's Virtual run and notify LCDR Leija and LCDR Shermer at [rleija@bop.gov](mailto:rleija@bop.gov) and [Shawn.Shermer@fda.hhs.gov](mailto:Shawn.Shermer@fda.hhs.gov)
- identify a time, date, and course for the run during the specified time frame (*must occur on or between June 4-9, 2018*)
- track runners, walkers and supporters, manage t-shirt distribution, lead the running team, and take a group photograph to send in to LCDR Leija and LCDR Shawn Shermer
- provide runners with information about this year's theme: *Stomp Out Addiction/Mental Illness/Obesity*

#### **Additional information:**

T-shirts will be mailed to each local COA for distribution approximately 2 weeks before the run.

PHS officers are encouraged to participate in both the onsite (if attending the annual symposium) and the virtual run to promote physical activities in our community.

**Let's Step It Up and Stomp Out Addiction/Mental Illness/Obesity together!**