



**SHIFT STRONG**  
5K RUN & WALK



# DALLAS, LETS RACE!

JOIN OUR **5K** RUN & WALK TO SUPPORT FIREFIGHTERS

## ENTRY

- ☒ \$25 (Includes Shirt)
- ☒ Wristbands
- ☒ Register Online  
8/1 - 9/15

## WHY RACE?

- ☒ # Firefighter Meal Toolkits
- ☒ # Mental Reboot Packs
- ☒ # Physical Fitness  
Collaboration & Outfitting

## MORE INFORMATION



214-204-6643



Website: [www.shiftstrong.org](http://www.shiftstrong.org)

Email: [support@shiftstrong.org](mailto:support@shiftstrong.org)

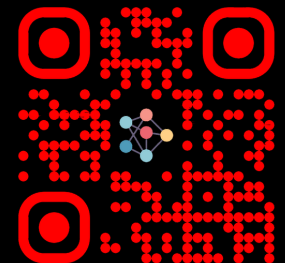


FEEL THE HEAT, HIT THE STREETS

SAFER STARTS WITHIN



<https://gqr.sh/Bed3>



<https://gqr.sh/Bed3>

Date: Oct 26th

Location: Register & Receive

Time: 4-8pm

