



Presented by
American Gold Star Mothers
of Indian River County, Inc.

2nd ANNUAL WALK-A-THON FOR MILITARY SUICIDE AWARENESS

Information Sheet

Participants have a choice to engage in one of three ways beginning November 1 through November 14, 2020:

- a fitness challenge of 22 miles on a distance based equipment (i.e. treadmill, elliptical, bike, rower)
- a fitness challenge of 22 a day of a strength exercise (i.e. push ups, sit ups, burpees)
- a 2.2 mile virtual walk on the final day, November 14, 2020

All registration will be managed through RunSignUp.com. Starting October 1 - November 14, participants can go directly to RunSignUp.com or connect through the AGSM, Inc. website link and social media event page. Registrants will be able to pick up race materials at Marine Bank and Trust, US 1 branch beginning October 31, 2020.

Starting November 1, 2020 through November 14, 2020 there will be an event-related display located at Marine Bank and Trust, US1 branch.

On November 14, 2020, Michelle Dale, president, will present a virtual ceremony and walk kick-off via social media.

For more information contact Michelle Dale or Kim Palazzolo at michdaleircgoldstarmoms@gmail.com or visit our Facebook and web pages at [@ircgoldstarmoms](https://www.facebook.com/ircgoldstarmoms) and www.ircgoldstarmoms.org

Proceeds to Benefit:



A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) within the state. Registration does not imply endorsement, approval, or recommendation by the State. Registration #DTN3348471. American Gold Star Mothers of Indian River County, Inc. is a non-profit tax-exempt organization as described under Internal Revenue Code 501(c)3. Federal ID #85-0621175.