

MoDOT & MSHP

**5K**  
**TOTAL WELLNESS**  
Walk // Run 2019

Do you want to join your co-workers in the 5K Walk/Run, but can't make it to the event?

## Join the **Virtual** 5K Challenge and Win a \$50 Gift Card

**Saturday, September 28, 2019**

Open to all MoDOT, MSHP and MPERS employees, the challenge allows you to run or walk a 5K (3.1 miles) from any location throughout the state. You can walk/run wherever you are. Use a treadmill, a trail, or join an official 5K in your area.

### HERE IS HOW TO JOIN:

1

If you have not done so already, you will need to register at **[modotmsbp.walkertracker.com](http://modotmsbp.walkertracker.com)**

2

Run or walk a 5K on September 28, 2019 (you have the whole day to complete)

3

Complete at least 7,000 steps that day and you will be entered to win a \$50 gift card (75 chances to win)

For more information or questions, please contact Brook Luecke at 573-526-0138.

*Virtual 5K participants will not receive a t-shirt. • Virtual 5K is not a part of the It Pays to Be Well incentive program.*