

# Serve your Community by Being a Teen Captain!



- Gain leadership experience, service hours, and make a big difference in Chicagoland
- Flexible service opportunity – you choose when to volunteer
- Raise \$5,000+ from your DIY 5K Team registrations and donations and host your own packing event – great hands-on opportunity!

## What is the DIY 5K?

The race is a “Do It Yourself” 5K run/walk done on your own time, at your own pace, and in your own place. Participate as an individual or form a team from your school.

## Why Do the DIY 5K?

Blessings in a Backpack mobilizes communities, individuals, and resources to provide food on the weekends for elementary school children across America who might otherwise go hungry. Chicago Blessings currently feeds 6,000 kids each weekend, however, there are over 150,000 food-insecure kids throughout Chicagoland. Your participation helps you do good in the community, and it also qualifies for community service hours.

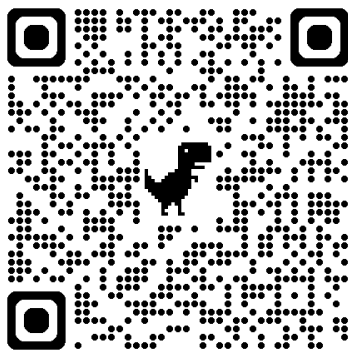
## When is the 5K?

Saturday, November 2 to Sunday, November 10.

## How to register?

Scan the QR code below or

[Click Here to Register!](#)



\$25 for student (under 23)

\$50 for adult (23 and over)

\$160 for a family (up to five people in the same household)



## Questions?

Contact Eleanor Stewart – Chicago Operations Associate

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