

18th Annual Nyla Luvison Memorial 5K Goes Virtual

Registration: Sign Ups begin now at *Miles of Smiles* or *RunSignUp.com* (search using the title above)

Virtual Race completion is on your own anytime from July 11- Aug 1, 2020

Cost: \$20.00

What is a Virtual Race and How Does it Work?

The Eisenhower Cross Country Team invites you to run, walk, bike, indoors or out, anytime and anywhere between July 11 and Aug 1, 2020. This virtual run is about keeping the Nyla Luvison Race tradition going as you keep healthy, have fun and accomplish your personal goal. This race gives you the freedom to run your own route all while joining others to support this special partnership between the Eisenhower Cross Country Team and the Cancer Care Center of Warren.

How do I participate in the event?

Here is the fun part, you can participate in this event no matter where you live, no matter how young or old, whether you like to run or not. We would love to hear from our Eisenhower Alumni, friends and family of current and past athletes and students from across the county to across the world. Sign up at *Miles of Smiles* or *RunSignUp.com*. Everyone who participates/ donates will receive a race logo window decal.

Do I need to submit proof?

It is not required, but we would love to hear how you did, so please submit your time or any pictures you would like to share of you completing your event, send them to our Facebook page, "Eisenhower Cross Country Team" or "18th Annual Nyla Luvison (virtual) 5K".

Can I sponsor this event without participating?

ABSOLUTELY- We would greatly appreciate any donations as we proudly equally divide the proceeds between *the Cancer Care Center at the Warren General Hospital* and *the Eisenhower High School Cross Country Team*.

Checks Payable to: *EHS Cross Country Boosters*

If you don't want to sign up on-line you could mail a Paper Copy or Donations (made out to **EHS CROSS COUNTRY BOOSTERS) to:**

Jennifer Morrison Please accept my \$ _____ donation
2668 Cable Hollow Rd
Russell, PA 16345 Please sign me up as I cannot sign up on-line

Name _____ Phone _____

Mailing Address _____
_____ ZIP _____

Email Address: _____

Sex: Male or Female Birthdate _____ Age as of 7-11-20 _____

My address may be added to the **IKE Pride** mailing list (IKE Pride is an umbrella group providing support for organizations within the K-12 facility. They foster support, pride and enthusiasm.)



2020 NYLA LUVISON
VIRTUAL 5K RUN/WALK