



Help Us Turn Your Miles Into Meals!

Thank you for being part of our upcoming **Mary's Meals 5K!**

This year, we're inviting every runner and walker to do a little more than just cross the finish line. **We're asking you to invite your family, friends, coworkers, neighbors, and anyone else who might want to help feed a hungry child to sponsor your run.**

Mary's Meals provides a daily school meal to children living in some of the world's poorest communities. And the beautiful thing is that **just \$25.20 can feed a child for an entire school year.**

Imagine what could happen if each person in our 5K brought a few sponsors along for the journey.

Here's how it works:

1. Ask people to sponsor you.

Use the attached sponsor sheet to keep track of the people who want to support your run.

2. Collect their donations.

You can collect checks or cash and turn them in on race day.

OR

3. Send them to our online fundraising page.

Friends and family can make their donation directly through the Mary's Meals fundraising page. Have them make a note that they are sponsoring in your honor or name.

[Mary's Meals 5K Fundraising Page](#)

And yes...there will be prizes!

We'll recognize the runners and walkers who raise the most through individual sponsorships. So don't be shy about asking! Ask your family. Ask your friends. Ask your coworkers. Ask your neighbors. A few \$10, \$25, or \$50 sponsors can quickly add up to something extraordinary.

Every dollar helps us bring hope to children who need it most.

Thank you for running, walking, fundraising, and helping us bring Mary's Meals to more children around the world.

Let's see how many meals we can put on the table together!