

# RUN FOR A CAUSE

## Turn Your 5K Into Something Bigger

*Become a Beat the Heat Charity Runner*

 Run the Race  Support a Local Charity  Earn Great Rewards

### MAKE EVERY MILE MATTER

The Cook Medical Beat the Heat 5K isn't just a race. It's an opportunity to support local nonprofits that are changing lives throughout our community. By becoming a Charity Runner, you'll help raise funds for one of our Charity Partners while inspiring friends and family to join your journey.

### WHY BECOME A CHARITY RUNNER?

- Support a Cause You Care About
- Make a Bigger Impact
- Share Your Story

### IT'S EASIER THAN YOU THINK

Ask just 10 friends to donate \$10 each and you've already reached the minimum fundraising goal.

### YOUR CHARITY RUNNER REWARD PATH

-  Raise \$100 → Become a Charity Runner
-  Raise \$200 → Registration Refunded
-  Raise \$300 → Additional \$100 Donation to Your Charity
-  Top 5 Fundraisers → ASICS Running Shoes

### TOGETHER WE CAN DO MORE



Cook Medical Beat the Heat 5K  
July 18, 2026 • Winston-Salem Fairgrounds

**Run Fast. Raise Money. Change Lives.**



*Scan for More Info*