

HOW TO COMPLETE YOUR VIRTUAL RUN

- Register for the 5K Run-Walk for Craniosynostis and complete a 5K anytime and anywhere during the month of September. Simply run or walk 3.1 miles any time at any place that works for you. In your neighborhood, your favorite trail, or even on a treadmill!
- We will be shipping your shirt and bib
- After completing your 3.1 miles, share your accomplishment by posting pictures to social media. Be sure to use #5KinHonorofWillow