



ALL MILLENNIUM VIRTUAL 5K

**TRAINING
IN
PROGRESS
—CHALLENGE—**

**Millennium
*Running***



INSTRUCTIONS:

- Print and then cut along dotted lines
- Personalize your bib - some suggestions: write the name of a healthcare worker, someone special you're running for or even your own name
- Take a picture with your bib and get social - share it on Facebook or Instagram and be sure to tag us @millenniumrunning and use the hashtags: #millenniumrunning #traininginprogress