

Accept the mission.

You've made it your mission to complete a 5K race this year. We're here to help get you ready to run. With motivation, training and support, the nine-week Mission: 5K program gets you on your feet walking, then running, across the finish line.



Registration opens January 17 and closes February 4.

Register and Receive

- Nine weeks of guided walk/run training sessions
- Weekly motivational newsletters
- Access to AdventHealth fitness professionals
- Mission: 5K medal and t-shirt for completing the program
- Multiple training days and locations

Want to learn more? Attend one of our virtual information sessions.

January 19 at 9 am | January 26 at 12 pm | February 2 at 6:30 pm

Training and Race Information

Training

We want to make sure you have the support you need to complete your mission. There will be opportunities each week to connect and train with others at training runs throughout the area.

Race Day

There will be virtual and in-person options for your race day.

In-Person Race-Day Option

Run for the Trees

April 30 | Winter Park

Virtual Race-Day Option

You can also race at your pace and the location in which you feel motivated between April 22 and April 30. We will make suggestions in our touch points for mapping your race.



Connect with us.

 [EmployeeHealthandWell-being.com](https://www.adventhealth.com/employee-health-and-well-being)

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