



Join Co-operators from across the Northeast for the Co-op 5k!



GO TO

[CDF.COOP/CO-OP-5K](https://cdf.coop/co-op-5k)

CLICK REGISTER AND SIGN THE WAIVER.

SELECT THE TEAM NAME
"NEIGHBORING CO-OPERATORS".

SELECT TICKET TYPE - **VIRTUAL OR IN-PERSON**

CLICK "**CONFIRM REGISTRANTS.**"

YOUR REGISTRATION FEE OF \$40 - \$50 SUPPORTS THE COOPERATIVE DEVELOPMENT FOUNDATION.

RUN, WALK, STROLL OR ROLL WITH YOUR NEIGHBORING FOOD CO-OPS! HELP US RECLAIM OUR "MOST TEAM SPIRIT" TROPHY!

PARTICIPANTS MUST **REGISTER BY MARCH 31** TO BE GUARANTEED A RACE SHIRT IN THEIR DESIRED SIZE. PREFERRED SHIRT SIZE IS NOT GUARANTEED AFTER MARCH 31. RACE PACKETS WILL BE MAILED STARTING ON APRIL 7.



Upload times and photos



Virtual - \$40
April 22 - 28



Washington, DC - \$50
April 29



REGISTER ONLINE

Find team name, choose ticket type, and register at cdf.coop/co-op-5k.



Meet us in DC
Run or walk at Hains Point on April 29

Choose the place
Run or walk from anywhere



Pick up race packet
Check in at registration starting at 7:30am

Choose the time
Complete the 5k anytime between April 22 - 28



Ready, set, race!
Gather at the starting line and take off at 8:00am

Upload your time
Snap a picture of your time and upload to Racewire



Wind down
Pick up a snack box and gather for the awards ceremony

Send a picture/video
We'll compile and show at the virtual awards ceremony



SPREAD THE WORD

Tag us at [@coopfoundation](https://twitter.com/coopfoundation) and [#coop5k2023](https://twitter.com/coop5k2023) on social media

