Sign up for the Co-op 5k with your Neighboring Co-operators!

Virtual - $50
April 18 - May 1

Washington, DC - $60
May 2, 7:30AM

Go to **CDF.coop/co-op-5k**

Select the team name **"Neighboring Co-operators."**

Select ticket type - **Virtual or In-person**

Your registration fee of $50 - $60 supports CDF.

Run, walk, stroll, or roll with your Neighboring Food Co-ops! Help us retain our "Most Team Spirit" trophy!

Participants must register by **March 13** to be guaranteed a race shirt in their desired size. Preferred shirt size is not guaranteed after March 13. **Race packets will be mailed to virtual participants starting on March 30.**

REGISTER ONLINE

Form a team, choose ticket type, and register at **cdf.coop/co-op-5k**

Meet us in DC
Run or walk at **Hains Point** on May 2

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

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

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

Choose the place
Run or walk from **anywhere**

Choose the time
Complete the 5k anytime between **April 18 - May 1**

Upload your time
Snap a picture of your time and **upload** at Race Signup

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

SPREAD THE WORD

Tag us at **@coopfoundation** and **#coop5k2026** on social media