

EJ's 5K Run/1 Mile Walk

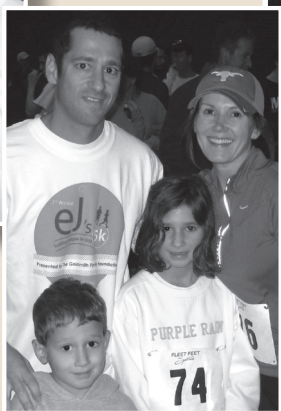
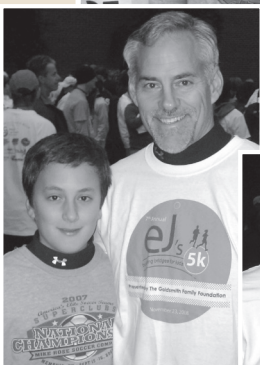
Sunday, November 15, 2:00 pm

at Temple Israel



EJ's 5k is an annual family-friendly walk/run that raises funds for the youth served through BRIDGES and Temple Israel. It connects the great philanthropic work of Elias J. Goldsmith with the faith-based idea of caring for our bodies and souls. Running, therefore, becomes a spiritual exercise and more than a matter of simply logging miles.

Whether you are a runner or a walker, a family looking for enjoyable afternoon, or an individual seeking a deeper connection to your overall well-being, experience EJ's 5K to build bridges for youth in our community.



Even if you are not able to participate in the 5k run or non-competitive 1 mile walk, you may still join the cause and sign up to be a "Virtual Runner."



Register at
www.timemphis.org
 \$20 virtual runner and
 early registration
 before Nov. 6;
 \$25 late and
 day-of-registration

