



The Road Runners Club of America Presents the

14th Annual **RUN@WORK** Day

And 8th Annual **RUN@SCHOOL** Day

SEPTEMBER 20, 2019

A nationwide movement to inspire a culture of fitness at work and school

- Step 1:** Save the Date – September 20, 2019.
- Step 2:** Plan a 30-minute run or walk with a local school or employer to create a culture of fitness.
- Step 3:** Plan your route to run or walk before, during, or after work or school.
- Step 4:** Invite co-workers, students, parents, and more to participate.
- Step 5:** Provide event details to participants, volunteers, local media, and more.
- Step 6:** Have a safe and fun event! Provide incentives to participants and take photos.
- Step 7:** Share event details with @RRCANational using #RUNatWork on Twitter or Instagram.

