

Join GMAR as we
RUN THE PLANK



register at runtheplank.com

Select "GMAR" under
 "How did you hear about the run?"

**RUN THE PLANK:
 3 MILES OF FAITH
 5K Run/Walk**

Saturday, June 30, 2018
 Register at runtheplank.com

Immanuel Lutheran Church • St. Isidore Catholic Church • St. Peter Lutheran Church

OUR FIRST 6 YEARS

\$228,100

Amount of monies collected
 and disbursed to various
 local Macomb County charities

27

Number of local Macomb County charities
 that have been the recipient of the proceeds

- Abigail Ministries
- Angels of Hope
- Benefits4Kids
- CARE of SE Michigan
- Cassie Hines Shoes Cancer Foundation
- Compassion Pregnancy
- Epilepsy Foundation
- Futures Foundation
- Good Shepherd Coalition
- Hope Center in Macomb
- Leadership Macomb - Junior Program
- Lutheran Child & Family Service of MI
- Macomb Charitable Foundation
- Macomb Food Program
- Macomb Intl Service Center
- Macomb Literacy Partners
- MCREST
- MGA Detroit
- MISD Homeless Education Project
- New Day Foundation
- Resolution Center
- St. Vincent de Paul
- Shelby Life Skills
- Team Angels
- Trinity Community Care
- Trinity Lutheran Social Ministries
- Vets Returning Home

3

Number of churches
 who have
 volunteered to
 coordinate and
 support the event

- Immanuel Lutheran Church
- St. Isidore Catholic Church
- St. Peter Lutheran Church

8,579

Total number of run/walk
 race participants

2012-2017

1

The most important person - **YOU**. Without **YOU**,
 none of this would have been possible.
 We say **THANK YOU** for your
 participation and continued support.



Saturday, June 30, 2018 | 7:45 AM

Romeo Plank, Macomb, MI 48044

COST

- \$30 before 6/8
- \$35 between 6/9-6/21
- \$40 after 6/21
- children under 4 free

WHATS INCLUDED

- GMAR T-Shirt
- Run the Plank T-Shirt
- Pasta Lunch/Dinner on 6/29
- Swag Bag
- Wristband for Local Business Discounts
- Medal with Lanyard
- Free admission to the Family Fun Fitness Fair after the race that includes food and drinks