



Drew Kostic Memorial 5K Tough Run

March/April 2024 News – Issue 1

EVENT INFORMATION

Date: August 10, 2024

Location:

Twisted Trails Off Road Park
in Copemish, MI

Times:**

Check-in: 8:00-9:15 a
Opening Ceremony: 9:30 a
Race Start: 10:15 a
Closing Ceremony: Race end

Cost: \$55

12 & under: \$25 (no shirt)
Teams of 4 \$220

Registration:

Opens: April 15
Closes: July 22, 11:00 pm
NO walk-in registration will be available.

**All times subject to change.
We will keep you posted.



About the DK5K

This is a 5K Obstacle style tough run for everyone! Challenge yourself by running or simply walk or crawl the course—no one gets left behind. We see all ages from 4 to 70 years old. Everyone is welcome, and everyone can do this!

We created this as a challenge on purpose to remind us all about life and the many obstacles we may face at any given time. Alone, the obstacles on the course, as well as in life, may seem insurmountable and you may need a hand to help you through. Everyone is encouraged to ask for help and to offer help to others. It's okay to reach out.

People give up because things pile up, or look like a mountain and they are tired and just can't move ahead one more inch, they give up fighting when just having a hand to hold or pull them up is all the motivation they need. Let's do this together, encourage each other, offer a hand, reach out, and don't be afraid to ask if someone needs a hand or even how they are doing. Make connections.

Thank you everyone for your continued support! Together we will continue to spread awareness and help our veterans who are fighting the fight within.

CONTACT INFO

P.O. Box 410
Mancelona, MI 49659

Email: rundk5k@gmail.com

Website: www.222none.org

What's New This Year?

New Age Brackets

We have adjusted our age brackets to be more in line with industry standards. They are now: 9 and under, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Awards will be for the top 2 individual male and female in each bracket. Teams and top team awarding will remain the same.

Fundraising: Become a Fundraiser
Receive \$50 of your registration back when you reach the goal of \$150!

Though not new this year we wanted to bring your attention to this option. Registration opens early in the year, giving you time to do a fundraiser.

Launch a fundraiser from the registration site and help us spread awareness about veteran suicide and our cause by sharing with your friends, family, and co-workers about why you take on the challenge of the DK5K Tough Run. The support you raise will all go back out to help and support local veterans and carry our message of awareness forward to those that may not have known otherwise.

MARK YOUR CALENDARS

- ★ Registration Opens April 15
- ★ Moomers Fundraiser April 27
- ★ Culver's Fundraiser May 15
- ★ Registration Closes July 22 at 11:00pm
- ★ DK5K August 10

LOOKING FOR SPONSORS

If you or your business would like to be a sponsor, please reach out and contact us via email at rundk5k@gmail.com and let us know how you can help.

CALLING ALL VOLUNTEERS

We need you!

Registration opens on April 15. To volunteer you can go to our website at www.222none.org/dk5k.

SEND US YOUR RECEIPTS

Please keep saving up Oleson's receipts. You can mail them to us or save them up for when you see us again. Thank you!

THANK YOU SPONSORS!

We are so grateful for all the sponsors and donors that have come along to support us. Let's hear it for our community partners!



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Nonprofit corporations and independent licensees
of the Blue Cross and Blue Shield Association



Kingsley

Blain's Farm & Fleet

Mission Awards

TC Paintball

Costco

Moomers Ice Cream

TC Tented Events

Culver's Chums Corner

NMC Visual Arts

Sound Environments

GT Area Veterans Coalition

Radio North

Wulfden Studios

MiddleCoast Brewing

Sam's Club

Midwestern Broadcasting

Shoreline Fruit

Registration Opens - April 15th

How do I register?

Go to www.222none.org/dk5k and click on the Register or Volunteer button.

What does it cost?

It is \$55/person or a total of \$220 for a team of four. Kids 12 and under are \$25 (with no shirt). The system will adjust pricing whether you are registering kids as an individual or part of a team.

How do Teams work?

The first person to register on your team must choose your team category and create your team name (Military please include your branch in the name). Teammates will then select the team you created when they register.

Registration closes on July 22 at 11:00p. Watch for a late registration period to open after.

Moomers Kick-Off Fundraiser April 27

Once again, come on out and eat some ice cream and support 22 2 None. 20% of all purchases for the day will go to help support this year's DK5K.

This is your chance to meet up with us, get to know more about 22 2 None and the DK5K, ask questions, and eat lots of ice cream!

The fundraiser is from 11a to 9p -- You don't want to miss our signature ice cream Tough Run!



Questions / Comments

For more information, have questions, or any comments please reach out to us at email rundk5k@gmail.com or message us on Facebook.