



4th Annual

Pajama 5K Run/Walk

**Join the fun and
wear your favorite pajamas for our 1st Virtual 5k**

Where: In your neighborhood, on the treadmill, at a track or exploring a trail

When: Friday June 26th-Sunday June 28th
(5pm Friday-8pm Sunday)

Why: A fun, socially distanced way to stay active while supporting the Conner M. Holland Foundation, a local organization helping families affected by pediatric cancer

How to register: www.pretzelcitysports.com

Click on Calendar/Apps/Online Reg

Direct Link: <https://www.pretzelcitysports.com/onlineform1.php?id=1197>

Report your times/photos to:



Penn Medicine LGHP Sports Medicine



penmedlanc_sportsmed



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Don't forget to use #PJ5k2020

Questions?

Contact Karly Musser at:

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