



The second annual **Bernotas Viking Strong 5K** will be held on April 30th, 2017 at Lippold Park in Crystal Lake. This event is open to the general public and Bernotas invites the community to run or walk for a great cause! The Viking Strong 5K aims to provide education and awareness around suicide prevention and depression in teens. This special event has been created by students, faculty, and parents of Bernotas Middle School. All funds raised will be donated to NAMI (National Alliance on Mental Illness) McHenry County in Crystal Lake.

EVENT DETAILS:

The Viking Strong 5K begins at 9 a.m. on Sun., April 30th at Lippold Park in Crystal Lake. For information on registration and sponsorship, visit the Bernotas Facebook page (www.facebook.com/BernotasVikings) or at signup.itstracetime.com. Registration is also available by scanning the QR code at the bottom of this flyer.

Same-day registration is also available.

VOLUNTEERS:

Bernotas is looking for volunteers to help with a variety of duties: set-up, clean-up, packet pick-up, water stations, etc. If interested, contact Bernotas Principal Jeff Prickett at 815.788.5600 or at jdprickett@d47.org.

