



# PLOGGING 5K

**Move your feet and clean up the street!**

RUN YOUR 5K (3.1 MILES) ON YOUR OWN TIME BETWEEN **11/13 AND 11/17** AND THEN UPLOAD YOUR RESULTS TO THIS FORM BY **WEDNESDAY, NOVEMBER 17TH AT 8PM.**

## THE RULES:

- a) Run the **FASTEST** 5k you can while picking up at least 5 items of litter along your journey
  - b) Pick up the **MOST** items of litter you can while traveling 5k (what you can carry based on your standard)
- ALL) Have fun and make the earth beautiful**  
Items must be randomly discovered...not placed/located before you start your run if competing on speed

Google Form for results submission!

