

DEEP HEART WORLD PRISON 5K RUN & WALK TUESDAY, MARCH 3RD, 2026



DEEP HEART
WORLD PRISON RUN & WALK
03.03.26



JOIN WITH US AND THOUSANDS OF OTHER MEN & WOMEN WHO ARE INCARCERATED IN THE USA AND OTHER COUNTRIES BY WALKING, JOGGING, OR RUNNING A 5K (3.1 MILES) ON MARCH 3RD. THIS DAY WE WILL ALL RUN IN SOLIDARITY WITH ONE ANOTHER, AND THE ENTIRE INCARCERATED COMMUNITY, AND THINK, AND PRAY FOR EACH OTHER WHEREVER WE ARE IN THE WORLD.

SO, AT ANY TIME ON MARCH 3RD, WHEN AND WHERE PERMITTED BY FACILITY STAFF, YOU WALK OR RUN 5K (3.1 MILES). AND ALL ACROSS AMERICA, ALSO IN COLOMBIA, MEXICO, BRAZIL, SCOTLAND, POLAND, IRELAND, ROMANIA, AND OTHER COUNTRIES, OUR BROTHERS AND SISTERS WHO ARE INCARCERATED WILL BE RUNNING "WITH YOU" IN SPIRIT ON THE SAME DAY. - FOR THOSE WHO HAVE KIDS AND FAMILY, INVITE THEM TO DO THE SAME ON THE OUTSIDE (INFO & PRINTABLE RACE BIBS ON OUR WEBSITE). FOR THOSE WHO DO NOT, WE ARE YOUR FAMILY, AND EACH OF US AT DEEP HEART, WHEREVER WE ARE IN THE WORLD, WE WILL BE OUT RUNNING TOO, WITH YOU ON OUR HEARTS AND MINDS. SO BROTHER, OR SISTER, LET'S FORGET THE PAST, LET'S PICK EACH OTHER UP, LET'S FIND STRENGTH WITHIN, LET'S WALK, LET'S RUN, AND LET'S DO THIS... BECAUSE WE CAN. "FORGETTING WHAT LIES BEHIND... I PRESS ON..." (PHIL.3:13-14., 1PT.5:9).

03.03.26

& THE FIRST TUESDAY OF EVERY MARCH & SEPTEMBER
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**JUST MOVE
FORWARD**