

DEEP HEART WORLD PRISON 5K RUN & WALK TUESDAY, SEPTEMBER 1ST



JOIN WITH US AND THOUSANDS OF OTHERS WHO ARE INCARCERATED IN THE USA AND ABROAD BY WALKING, JOGGING, OR RUNNING A 5K (3.1 MILES) ON SEPTEMBER 1ST. THIS DAY WE WILL ALL RUN TOGETHER IN SOLIDARITY WITH EACH OTHER AND THE ENTIRE INCARCERATED COMMUNITY, WHEREVER WE ARE IN THE WORLD.

YOU ARE NOT ALONE, RUN WITH US.

AT ANY TIME ON SEPTEMBER 1ST, 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.

09.01.26

& THE FIRST TUESDAY OF EVERY SEPTEMBER & MARCH

WWW.DEEPHEARTEVENTS.COM/5K

***"FORGETTING WHAT
LIES BEHIND &
REACHING FORWARD
TO WHAT LIES AHEAD,
I PRESS ON"***

PHIL...3/3-14

