

MOTION IS LOTION VIRTUAL 5K

October 3rd-9th

Take a break from your desk to support the APTA-WI Student Special Interest Group (SSIG) by running/walking in our third annual virtual 5K race! Our Motion is Lotion 5K is continuing to take advantage of the best thing to come out of the pandemic - the ability to connect people near and far for a common goal via virtual gathering platforms!

Our goal is to raise funds to provide merit-based scholarships, cover conference registration fees, and/or provide continuing education opportunities for student PT/PTAs across the state of Wisconsin.

REGISTRATION

Open through Sunday October 2nd!

Registration Fee: \$12

Includes a 5K training program, a bib to print for race day, entry into a raffle for one of our general prizes, and the option to create your own fundraising page to rally friends and family.

First 50 participants receive a race T-shirt and a Raising Cane's Lemonade Card (valid for 1 free lemonade).

Questions? Contact race director, Abby Nowakowski:
nowako28@uwm.edu

SIGN-UP



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RACE DETAILS

- Complete at your own pace between Monday 10/3 – Sunday 10/9. Students, clinicians, friends, and family are all welcome to participate!
- Raffle winners and top racers will be announced in an email newsletter on Monday 10/10.
- Check out the sign-up page link on our website if you would like to connect and form a running/walking group with other 5K participants in your area.
- Each participant will time their own race and enter their time on our results page for a chance to win a general raffle prize.
- Pre-made courses are available on our website!

NEW THIS YEAR!

Participate in the 5K while attending the APTA-WI Fall Conference to be eligible for a \$2 refund on registration fees and a bonus prize raffle!

- Must run in Wisconsin Dells, WI between 12pm on 10/5 and 12pm on 10/8.
- Photo or screenshot verification including the date, time, and location of the run must be submitted through the following form by October 8th at 11:59 PM in order to be eligible: <https://forms.gle/EMD1PxJb58JAwRPZ9>



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RAFFLE PRIZES

General Raffle:

- \$20 gift card to Burghardt Sporting Goods (2 of these are available!)
- 1 coupon for a free entree at Chick-fil-A (124th & Capitol location)
- Additional prizes TBA - stay tuned!

Conference Bonus Raffle:

- Certificate for 1/2 off a 1hr physical therapy session at Body Mechanics Physical Therapy
- \$50 gift card to Movin' Shoes Running Store in Madison

INDIVIDUAL FUNDRAISERS

Create an individual fundraising page during registration and help to raise money for the Student SIG by rallying the support of your friends and family!

All donations will go towards scholarships and continuing education for WI PT/PTA students.

- If you raise \$50, you will get an additional raffle entry
- If you raise \$70, you will receive a \$12 registration fee refunded
- The top 4 individual fundraisers will each also receive a coupon for a free entree at Chick-fil-A (124th & Capitol location)!



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