SPREAD YOUR EMPOWERMENT!
Sharing who or what you run or walk for in the Empower Run & Walk is easy as 1, 2, 3

1. Print out the official Empower Run & Walk race bib

2. Write in your name and who or what you’re racing in honor or memory of

3. Take a selfie or video with your bib and share to Facebook or Instagram and tag @centerffs and help raise awareness about trauma in your community while earning a chance to win great prizes!