

Join Me for the Run Dad Run! Virtual 5k Walk/Run

Description

The [National At-Home Dad Network](#) is holding a [virtual 5k on April 30, 2016](#) and I'm asking you to join me. This is their first ever Run Dad Run! spring fundraiser going to the extremely important cause of men's mental health with the funds going to the operating costs of this wonderful organization.

NATIONAL AT-HOME DAD NETWORK



I had the pleasure of attending the [National At-Home Dad Convention last September in Raleigh, NC](#) where I was overwhelmed with hundreds of other supportive, at-home dads just like me. I cannot stress the importance of having a network of other guys to share our thoughts, concerns, laughs, and sorrows enough. The NAHDN truly does play a major role in all of our mental health and helps fathers be the awesome fathers and husbands every family deserves.

I signed up during the Super Early Bird registration back in October, but since it's only a few days away, there's no more Early Bird specials. The good news is that you can still sign up now as an individual for \$25 (including 1 free medal) or a family (including up to 8 free medals) for \$50. For an extra \$25, you can get a shirt, or simply donate whatever amount you like.

[Register Now](#)

Are you on the edge of registering and need a little push? No problem, they just posted [4 Reason You Should Join For RunDadRun this Saturday](#). Check it out and hopefully that's the push you needed to sign up the entire family.

The details that you will find on the [National At-Home Dad Network's site](#) are below. Give them a good read and go register your entire family to run or walk the virtual 5k with us on 04/30/16!

WHAT IS A VIRTUAL 5K?

So glad you asked! A virtual 5K is an organized, co-ordinated event where participants can do their run where they are, when they want, at their own pace. This is an opportunity for dads and families to be active in their own neighborhoods, running with their friends and family and community. Since our organization represents dads and families from all over the country (and beyond!) this is a great way for us to be out and active together without being together.

HOW DOES THIS WORK?

Run Dad Run works pretty simply: just register for the run here – the cost for participation is \$25 for individuals, or \$50 for families – and on the day of the race you run (or walk!) the 5K at your own pace, where you are. For participating you will be sent a shiny exclusive medal! In addition you will have the opportunity to purchase a Run Dad Run t-shirt to wear during or after your run.

WHERE DOES THE MONEY RAISED GO?

This is the National At-Home Dad Network's major annual fundraiser, and all registration fees will go to funding the costs of running the organization throughout the year. This includes things like administrative costs and filing fees, web hosting and marketing costs, accounting fees, as well as the numerous expenses related to the planning and execution of the Annual At-Home Dads Convention. As always, we are a volunteer-run organization, and no money goes to paying salaries.

[Click Here To Register Now!](#)

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