

# HOPE FOR HELP

2021 VIRTUAL 5K YOUR WAY

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**Registration is now closed.  
Thank you to all the  
participants who are helping  
to turn hunger into hope!**



**We have a limited number of  
Virtual 5K t-shirts available at flash  
sale savings! Sale ends Monday,  
November 1 at midnight! All proceeds  
benefit Feed My Starving Children.  
Visit [nhc.click/flash](https://nhc.click/flash) to order now!**