



# Real Freedom 5k Run/Walk

## **Vision:**

The Real Freedom Race began in 2013 after the Real Women Real Life *Real Freedom* Spring Conference with a vision to encourage physical, mental and spiritual growth, support missions, and challenge others to run the race of faith. Through partnership with local churches and businesses, we work to spread awareness and raise support for the victims of human trafficking, both in our area and abroad. The Real Freedom Race supports the Inner Beauty Center of Milwaukee, founded by Deanne Lawson, and Legacy of Purpose, founded by Susanne Cox.

## **Action:**

### **Here's how you can make a difference:**

- Attend the Friday Night Spaghetti Feed with special speaker, Susanne Cox
- Run or Walk in our 6th Annual Real Freedom Race in Necedah
- NEW THIS YEAR... register to participate from anywhere in the world with our NEW Virtual Option! Run or walk on your own or with a group, in your neighborhood, at the gym, on the treadmill... *You decide the location!*
- Volunteer to help at the Real Freedom Race
- Pledge a participant by donating \$ for their race
- Sponsor the race as a business or as an individual

On-site and Virtual Races are open to men, women, & children of all ages and abilities! Race shirts are guaranteed for registrations received by July 1st. Activities for small children, awards, additional pancake breakfast, and a Men's High Heel Dash are all part of this awesome event!

Get more information at [www.realwomenreallife.org](http://www.realwomenreallife.org).

Register online at <https://register.chronotrack.com/r/37609>