



DEEP HEART
WORLD PRISON RUN & WALK

I CAN + I WILL

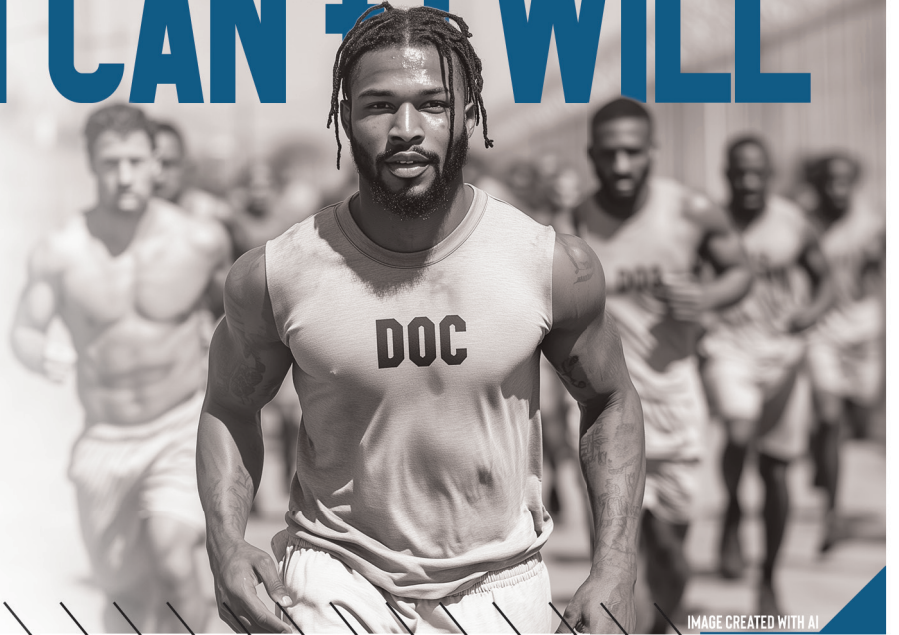


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➤ JOIN WITH US AND THOUSANDS OF OTHER MEN AND WOMEN WHO ARE INCARCERATED IN THE USA AND OTHER COUNTRIES BY WALKING, JOGGING, OR RUNNING A 5K (3.1 MILES) ON MARCH 1ST. THIS DAY WE WILL ALL "SYNCHRONIZE" AND THINK, AND PRAY FOR EACH OTHER WHEREVER WE ARE IN THE WORLD. - 1 PETER 5:9

DEEP HEART WORLD PRISON 5K RUN & WALK SATURDAY, MARCH 1ST

READY? HERE WE GO AGAIN: SO AT ANYTIME ON MARCH 1ST, WHEN AND WHERE PERMITTED BY FACILITY STAFF, YOU WALK OR RUN 5K (3.1 MILES). AND ALL ACROSS AMERICA, ALSO IN COLOMBIA, BRAZIL, SCOTLAND, POLAND, IRELAND, ROMANIA AND OTHER COUNTRIES, OUR BROTHERS AND SISTERS WHO ARE INCARCERATED WILL BE RUNNING "WITH YOU" IN SPIRIT. -FOR THOSE WHO HAVE KIDS AND FAMILY, INVITE THEM TO DO THE SAME ON THE OUTSIDE (INFO & PRINTABLE RACE BIBS ON OUR WEBSITE). AND FOR THOSE WHO DON'T HAVE FAMILY, WE ARE YOUR FAMILY, AND EACH OF US AT DEEP HEART, WHEREVER WE ARE IN THE WORLD, WILL BE OUT THERE RUNNING AND WITH YOU IN OUR HEARTS AND ON OUR MINDS AS WE RUN. WE CARE ABOUT EACH OF YOU AND ARE FIGHTING WITH YOU. - KEEP YOUR HEAD UP, KEEP YOUR HEART UP, AND ALWAYS... KEEP.. MOVING... FORWARD.

03.01.25

& EVERY MARCH 1ST AND SEPTEMBER 1ST
WWW.DEEPHEARTEVENTS.COM/5K

"DO YOU NOT KNOW THAT THOSE WHO RUN IN A RACE ALL RUN, BUT ONLY ONE RECEIVES THE PRIZE? RUN IN SUCH A WAY THAT YOU MAY WIN. EVERYONE WHO COMPETES IN THE GAMES EXERCISES SELF-CONTROL IN ALL THINGS. THEY THEN DO IT TO RECEIVE A PERISHABLE WREATH, BUT WE AN IMPERISHABLE. THEREFORE I RUN IN SUCH A WAY, AS NOT WITHOUT AIM... BUT I DISCIPLINE MY BODY..." ICOR. 9:24-26