STAY ALIVE 5K
& 1 MILE WALK

SAY THESE AT THE TOP, MIDDLE & CLOSE

SUNDAY, NOV 8 — This Sunday, rain or shine

RIVERSIDE HS — Painesville, Ohio

9 AM START — Check-in 8 AM, 5K & walk both at 9

30-SECOND OPENER

"The Stay Alive 5K and 1 Mile Walk is this Sunday, November 8th, at Riverside High School in Painesville. Every registration helps Sub Zero Mission hand-deliver the **Stay Alive Five**: hats, coats, boots, gloves and sleeping bags, to homeless individuals, including veterans, right as winter hits. Run it, walk it, or do it virtually."

WHY THIS YEAR HITS

Year 3, the coat medal. Logo, then hat, now coat. Collect them all.

Veterans honored by name on race day. Veterans Day is 3 days later.

Flat & friendly. Starts and ends on the Riverside track.

Can't make it? Go virtual. Shirt & medal shipped to you.

"You'll be out in the cold for thirty minutes. Some of our neighbors are out there all winter."

QUOTABLE: WHEN THEY ASK WHY IT MATTERS

HOW TO SIGN UP

ONLINE, ANYTIME

SubZeroMission.org

1. Go to **SubZeroMission.org**
2. Click **Events**
3. Click **Annual Stay Alive 5K**

COME SEE US SATURDAY

SAT, NOV 7 · 1–5 PM

Sub Zero HQ, Painesville. Register in person and grab your packet the day before the race.

SAY IT LIKE THIS

"Two easy ways in. Go to Sub Zero Mission dot org, click Events, then Annual Stay Alive 5K. Or come see us this Saturday from 1 to 5 at Sub Zero HQ. You can still sign up at Riverside Sunday morning, too."

$35 through Saturday · **$40** race day · **$45** virtual

SUB ZERO 2025–26, ROUNDED FOR RADIO

2,500 people served	**36,000+** warming items (goal 30K)
26 outreach missions	**20** cities in OH, PA & NY
900+ volunteer hours (goal 800)	**636** on our biggest mission
19 veterans linked to housing help	**ZERO** missions canceled

Code Blue Warming Center: 19 straight nights, 255 people brought in from the cold, 95 volunteers.

"Every number represents a life touched."

IF THEY ASK…

What is Sub Zero? A Painesville nonprofit. Blue Coat volunteers hand-deliver survival gear to people living outside, with a focus on veterans. Americans helping Americans.

Why a 5K? Not everybody can ride the truck at midnight in January, but anybody can walk a mile on a Sunday. Year one drew 208 people.

How'd you get in? "I came for a bike run nine years ago. I never left." Now Bears Squad 4 leader and Volunteer of the Year.

Not a runner? Walk the mile. Flat, on a track, nobody checks your pace. Wear layers.

"We set the bar high. We cleared it in the hardest possible conditions."

"Nobody should freeze to death in America. See you Sunday. Dress warm. Bring a friend."

Close by repeating both ways in: SubZeroMission.org, Events, Annual Stay Alive 5K. Or Saturday, 1 to 5, at Sub Zero.

Thank: CVMA OH 12-7, QT Equipment, Amvets Post 109 Buddy Check, IMRG 1946, PatchOps, Bears Squad 4, BiggieWorks LLC & every sponsor on the shirt. Timing by GCXC.

#NobodyShouldFreezeToDeathInAmerica | biggieworksllc.com