

TEAM MISSION

Ragnar 2020



Do you enjoy running?

Do you want to fight homelessness?

**It's a team experience
you won't soon forget.**

Run the extra mile by fundraising for Seattle's Union Gospel Mission! Join Team Mission in July of 2020 for the Ragnar Northwest Passage Rally.

This 200-mile, overnight relay race is Team Mission's signature fundraising event. Running through some of the most beautiful scenery in North America, you'll start near the Canadian border and finish in Langley on Whidbey Island, all while raising support for homeless men and women finding new life at the Mission.



What's Team Mission?

Team Mission is men and women in recovery, and community volunteers, who fight homelessness and addiction together, through running, fitness, and community.

Physical, mental, emotional, and spiritual fitness are all parts of the recovery process. Community plays a vital role in our members' recovery, as we create an atmosphere of mutual support and encouragement for one another.

"It's helped in my recovery more ways than I can explain. The biggest has been in teaching me the value of community and how we need each other to grow closer to God and our goals."

– LAURA, MISSION GRADUATE

"It's always such an enriching and rewarding experience to push yourself just a bit for a good cause, all while cheering on those around you and being lifted by their cheers in return!"

– RANDY, COMMUNITY VOLUNTEER

Fundraise with us at Ragnar 2020!

- Host your own team of 12, made up of family, friends, or others from your corporation, church, or small group – and joined by runners in recovery
- Join an already-established team
- Financially support a runner and/or a team
- Pray for our teams and runners leading up to, and during, the event

Participants have an opportunity to earn free entry through fundraising

To learn more, get in touch with Scott at ragnar@ugm.org or visit ugm.org/ragnar



ugm.org

