



Decorate Your Finisher Medal Make it FUN, Make it FANCY!

You will need:

- *Arts and crafts supplies of your choosing
- *Printed copies of the SOFO Finisher Medal
- *A ribbon or string

Run for the Sun
Sponsor





Finisher Medal Directions

1. Print Finisher Medal (located on next page)
2. Carefully cut both medals out along the outside of the sunflower petals
3. Get creative and decorate both sides of your medal
4. Punch a hole through one of the petals
5. Cut a ribbon or string to approximately 24 inches
6. Thread the ribbon through the hole. Tie the two ends together.
7. VIOLA! You've just made your SOFO Virtual 5k Finisher Medal

For a sturdier medal: cut a thick piece of paper or cardboard in the shape of the medal and glue to both the front and back sides of your medal. Let dry.



Sunflower Hill



SUN'S OUT FUN'S OUT 5K

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