

# The 5K/10K Challenge is back for 2022

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The 5K/10K Challenge by [Recreation](#) and the is back again for 2022. If you're a seasoned runner or new to a 5K/10K, Seneca Recreation will be heading things up along the way to provide support and help you learn.

Employees who want to accept the challenge and raise funds can [register here](#). 100 per cent of funds go to Seneca's Equity, Diversity and Inclusion Fund and top challengers who raise more than \$750 are eligible for one of [three top prizes](#):

1. [Beats EP On-Ear Wired Headphones](#), generously donated by Coca-Cola
2. SSF Merch Pack, generously donated by the Seneca Student Federation
3. Hydration Pack with Gift Cards, generously donated by Fasken

Challengers will raise funds until July 17 and complete a 5K or 10K between July 14-17, 2022. Don't forget to also [register with Recreation](#) before Sunday June 26, 2022 to receive your race kit and support setting up the pacer app.

Questions about the event can be directed to [francine.marcelli@senecacollege.ca](mailto:francine.marcelli@senecacollege.ca)

tags : bike, campaign-for-students, challenge, challenge-accepted, fundraising-events, run, walk