



HENRY'S HUSTLE 5K & KIDS DASH

2025 Registration is Open!



HENRY'S HUSTLE CHIP TIMED 5K \$25 NOW THRU 9/30!
KIDS DASH ALWAYS FREE - AGES 1-12!



Register Now

WWW.HENRYSHUSTLE.COM

2025 HENRY'S HUSTLE PARTICIPANT PERKS:

- SOFT STYLE T-SHIRT
- GOODY BAG W/AWESOME ITEMS
- TONS OF RAFFLE PRIZES
- GIFT CARD & PUMPKIN PIE TO MALE & FEMALE OVERALL WINNERS
- POST-RACE PARTY W/ MUSIC, FOOD SPREAD, COFFEE, & KIDS GAMES



WHY SPONSOR THE 2025 RACE?

RACE INFO BY THE NUMBERS:

- **2024 Numbers:** over \$30,000 raised for MDA with 920 5K & Kids Dash registrants & over 100 volunteers
- Join over 50 monetary sponsors & in-kind donors to support the 13th annual event in 2025
- Opportunity to collaborate with a community-favorite race with unprecedented growth: 1st year - 81 runners; 12th year - 920 registrants
- Over 8,000 community members reached with every email blast
- Race day exposure to over 1,200 participants, spectators, & volunteers



Henry's Family



**Race Directors
with Henry**

See sponsorship levels [here](#)! Contact race director Karen at karen@henryshustle.com for more info!



Volunteers NEEDED

Volunteer Positions Available:

Gymnasium Set Up

- Date: Mon., November 24, 2025
- Description: unloading all tables & supplies from the cargo vans & setting them up; packing 1,000+ participant goody bags

Packet Stuffing

- Date: Tues. & Wed. November 25 & 26, 2025
- Description: matching bib numbers with t-shirts & inserting them into goody bags for packet pick up

Packet Pick Up Assistant

- Date: Wed, November 26, 2025
- Description: passing out packets to participants who have already registered

Race Day Positions

- Date: Thurs., November 27, 2025 - Thanksgiving Day
- Description: setting up food & raffle tables, assisting participants with race day packet pick up, helping as course marshals, cleaning up post-race, & more!



CLICK BELOW FOR A DIRECT LINK TO MAKE A DONATION TO MDA IF
YOU ARE UNABLE TO JOIN US ON RACE DAY!

Henry's Thanksgiving Day Hustle 5K & 1/2 Mile Kids Dash

Thu November 27, 2025

Lake in the Hills, IL 60156 US



Charity

Muscular Dystrophy Association

Race proceeds from Henry's Thanksgiving Day Hustle go to the Muscular Dystrophy Association's local chapter. Funds from this event are used by MDA to send children with muscle disease to summer camp and provide families affected by muscle disease with resources and funding to improve the lives of their children.

Kopf Running
Crystal Lake, Illinois
Coach Seth: (630) 388-9887

Contact Us

