

**MAKE
TRACKS
FOR KIDS**
**5K RUN & WALK
VIRTUAL**



Participant Toolkit 2022



Setting up your 5K page

Sign Up:

Click the "sign up" button at the top right of the screen. Fill out your basic information, then select the event you wish to participate in (the 5k, 1k, or 'As Far as You Can'). If you're registering multiple participants, click "add another registrant" and fill in their information. Then click continue.

You now have the ability to set up your fundraiser!

Decide on a fundraising goal, add a photo (if you'd like) and share your personal story about what CCF means to you! Feel free to use our example:

"Help me reach my fundraising goal to support Connecting for Children & Families! Your donation will go toward transforming the lives of children and families in need across Northern RI. With your help, CCF will be able to provide early childhood education, food and household items, afterschool programs, and so much more to those who need it most. Any amount helps and is appreciated!"

Add your own donation (if you can), then hit continue.

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On the next page, you'll have the option to sign up for our emails, which we recommend you do! You don't want to miss out on information about weekly prizes and prize winners!

Hit continue, confirm your information is correct, and complete your registration at the bottom of the page!

Share your fundraiser with your friends and family, and encourage them to donate!

We recommend using social media to spread the word, and we love to hear from you! Show off your progress to your goal and tag us at:

Facebook: @CCFCenter95

Instagram: @CCF_95

Tik Tok: @CCF_95

Here's an example to use when sharing your page:

"Hey friends, I've signed on to help CCF (tag us!) in a virtual 5k to raise funds to help them further their mission. Can you join me to help make a lasting impact? Please share with your friends and family and donate today: (Link to your page)"

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Participating in the virtual race and submitting your results

- You can log your activity for any day or days during the race period
- You don't have to run or walk it all at once. If you want to do 1k a week, that's fine!
- If you want to record how long it takes you, that's great, but not required
- Go at your own pace
- Engage with the community by taking photos and upload them to the race page
- Get creative with participation - you can walk your dog, push a stroller, or use the treadmill

Most importantly - HAVE FUN

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Make Tracks for Kids Virtual 5K

Sponsors:

Presenting Sponsor



AUTO HOME LIFE

Finish Line Sponsors



Starting Block Sponsors



THANK YOU FOR BEING A SUPPORTER

Thank you so much for participating in our event, taking the time to spread the word about our nonprofit's work, and for fundraising to support CCF's mission.

Your support helps us continue to make a lasting impact.

We appreciate your commitment and look forward to continuing this meaningful partnership for years to come!

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