

Join us for a Virtual 5K!



**Fundraiser hosted by the
Scholarship Committee**

April 17 - 24, 2021

April School Vacation Week

EVENT: MA IORG Virtual 5K Walk/Run 2021

Girls & Adults are invited to participate in a Virtual 5K Walk/Run to earn money for the Scholarship Committee. The event can be completed at once or broken up into smaller distance increments. Participants will ask people to sponsor them for the event to earn money.

Participants can also earn wonderful "Thank You" gifts depending on the amount of money they raise. A special prize (TBD) will be given to the girl, adult and assembly that each raise the most money. Once someone registers for the event, they will receive a PDF file of a race bib/number they can print out to wear while they are completing the 5K.

THANK YOU Gifts include:

- \$10 - Rainbow sticker sheet
- \$25 - Rainbow sunglasses
- \$75 - Rainbow Bear
- \$100 - Water Bottle
- \$115 - Drawstring backpack

Rules & Safety

Considerations

1. Always have a running/walking buddy with you, do not run/walk by yourself.
2. Always walk/run in a safe area.
3. Try to walk/run during the day when it is light out.
4. The event can be done "virtually" anywhere, even on a treadmill.
5. All donations must be turned in/submitted by May 1st.
6. Remember to practice social distancing -- follow your local & state regulations
7. Wear a mask if around other people
8. Use an app to make it easier to track your distance (suggestions: Nike Run Club, Map My Run, Adidas Running App)
9. When asking for donations, please remember to say "Please" and "Thank you" even if no donation is given.
10. HAVE FUN!!!