

Children's Aid and Family Services, a 501(c)3, strengthened the lives of hundreds of thousands of vulnerable children, adults and families living in Bergen County and the surrounding communities for 125 years. Join us as we celebrate our journey to this milestone by participating in our *125 Years of Impact -5K*, a virtual walk/run fundraiser. Your support of this event will help us raise much-needed funds for our programs and enable us to continue to make a meaningful difference in the lives of so many of our neighbors!

Frequently Asked Questions

• *What, when and where is this Virtual 5K?*

A virtual 5K is similar to a traditional 5K, but with a twist. This virtual event will take place wherever you'd like to participate (your local park, high school track, neighborhood, treadmill, etc.) starting on June 5th and ending on June 9th. Run/walk alone or gather your buddies for a fun and meaningful experience. 5K too much? No problem! Break it up over the weekend or do the distance that is right for you, no pressure! Sponsorships are also available with many benefits for you or your company.



• *Is there a registration fee or deadline?*

Registration is open until June 9th and costs \$50 for all registrants (or free for our generous event sponsors). Registration comes with an exclusive event t-shirt if you register prior to May 15th.

• *How can I register and can I create or join an existing team?*

Registration is as simple as clicking the "Register/Donate" button on the event page, selecting a Registration "ticket," and entering in some quick information. During registration you may choose to join an existing team or remain as an individual. If you'd like to lead your own team, new teams can be created prior to (ideal method) or after registration.

• *I'm not a runner, can I still participate?*

YES! This virtual 5K is a FUNdraising event, not a race. You can walk, ride your bike or scooter, or skip any distance you can from June 5th – June 9th. If you prefer to just support our campaign financially, simply click to donate to the campaign on the event website and you're all set, no need to break a sweat!

• *I'm not good at asking for donations, how can I be successful?*

Asking for donations can be daunting, but no need to fret. Remember that you are doing this for a good cause and it is something you care about. Start with family and close friends who may be more willing to support you. Share your link on social media or in an email so other friends and family can find out about your 5K and fundraising initiative and invite them to join your team or donate to your page. The best way is to make your message meaningful, speak from your heart and let them know why you're running the 5K and fundraising for a great cause and need them to join or support. People often are forgetful, so don't be afraid to reach out a second time if you don't hear back or they give you confirmation and then forget.

• *I'm confused, can I contact anyone for help?*

Of Course! Reach out to Matt Pisarcik - 201-740-7062 or mpisarcik@cafsnj.org at any time for support. All questions are welcome!

Remember, a virtual 5K isn't just about walking/running—it's about coming together to make a difference!