

Children's Aid and Family Services, a 501(c)3, has strengthened the lives of hundreds of thousands of vulnerable children, adults and families living in northern New Jersey for over 125 years. Join us as we continue our journey with our *Make an 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 4th and ending on June 8th. Run/walk alone or gather your friends 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 8th 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 16th.

### • *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 [5K landing page](#), selecting an "Individual Registration" and entering in your contact/payment information.

To start your own personal fundraising team, choose the "Start a Team" tab, then create an account or login (you may already have an account if you have participated in our event auctions in the past!) You'll then be directed to create a new fundraising activity page where you can share your story with friends and family to support your goal.

To join an existing team, find them in the "Fundraiser Directory" tab, click on their name to go to their page and click on "Join as Member."

### • *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 4th – June 8th. If you prefer to just support our campaign financially, simply click to donate button 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.

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

Of Course! Reach out to Jessica Ecker- 201-740-7101 or [jecker@cafsnj.org](mailto:jecker@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!*