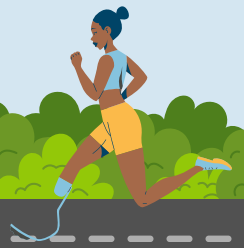


# Run, Walk, or Roll include nyc 5K



**Thank you for signing up for our annual 5K! We're thrilled to have you join us.**

**You can make an even bigger impact by engaging in your own fundraising page. Every dollar raised helps support INCLUDEnyc and our young people with disabilities and brings us closer to our goal.**

**Get started today and rally your friends, family, and coworkers to support your run!**



# Creating a Fundraising Page

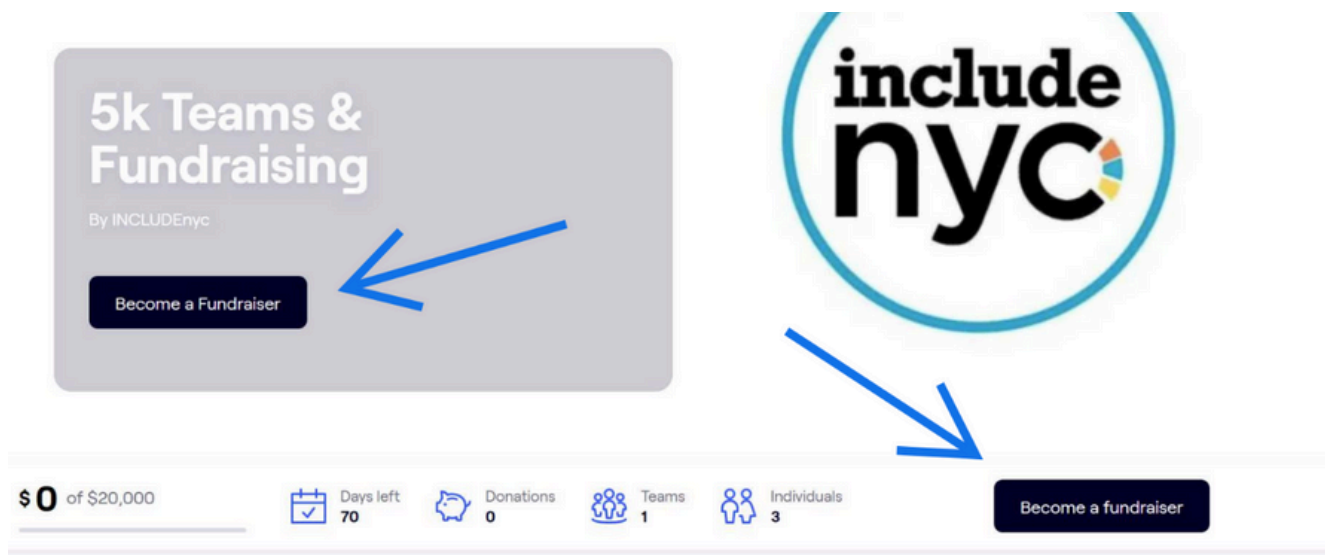
Here is how to get started:

**STEP 1:**

<https://fundraising.idonate.com/includeNYC/IncludeNYC5k>

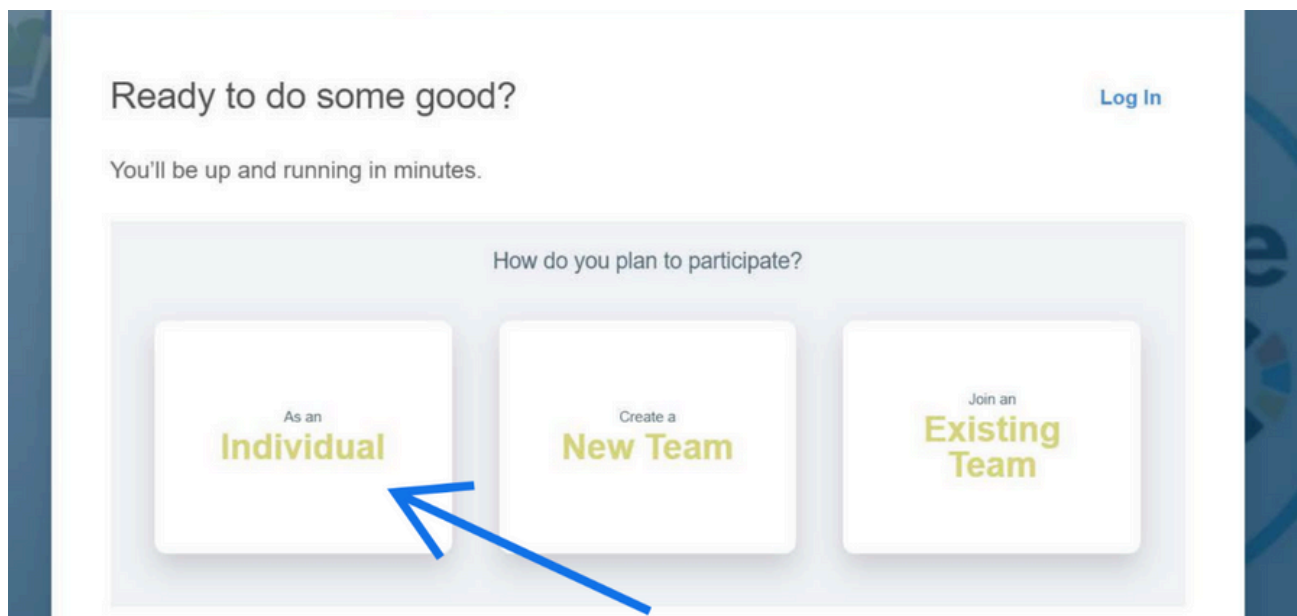
**STEP 2:**

Click “Become a Fundraiser”



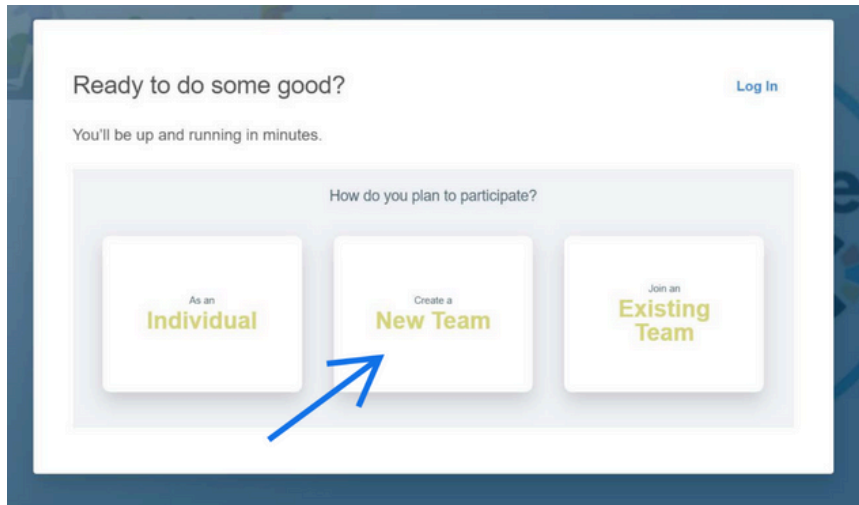
**STEP 3:**

Select *As An Individual* if you wish to raise funds independently



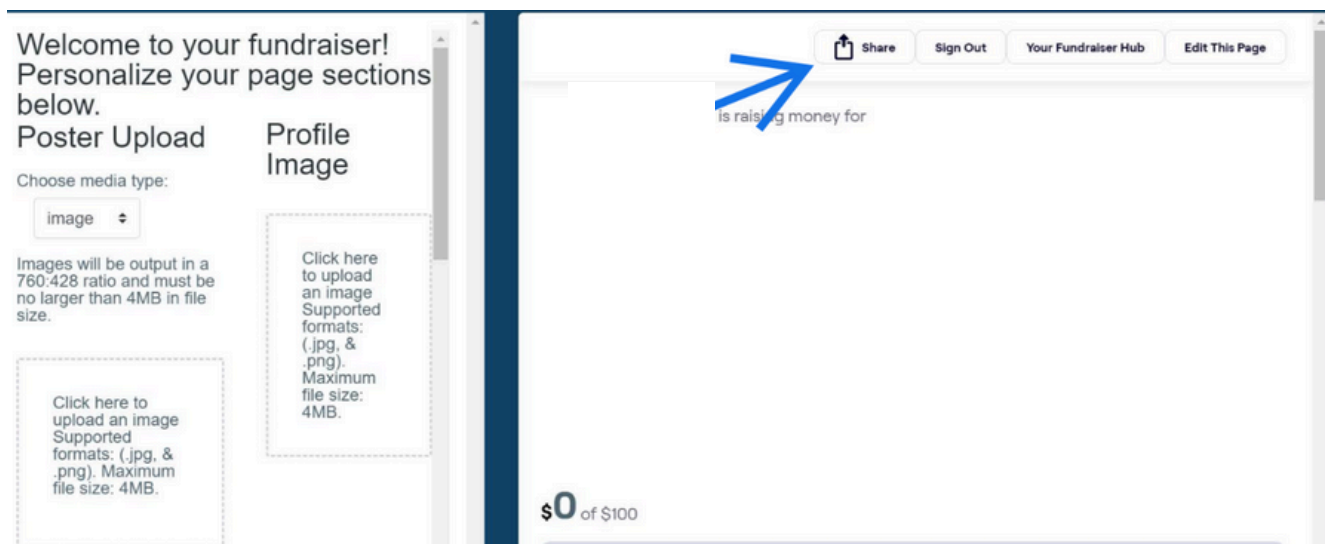
# Creating a Fundraising Page

**Select Create A New Team if you wish to start a fundraising team (If you are joining an existing team, skip down to the Join A Team Section)**



## STEP 4:

**Share your Fundraising Page with your friends, family, and coworkers via email, text, and social.**



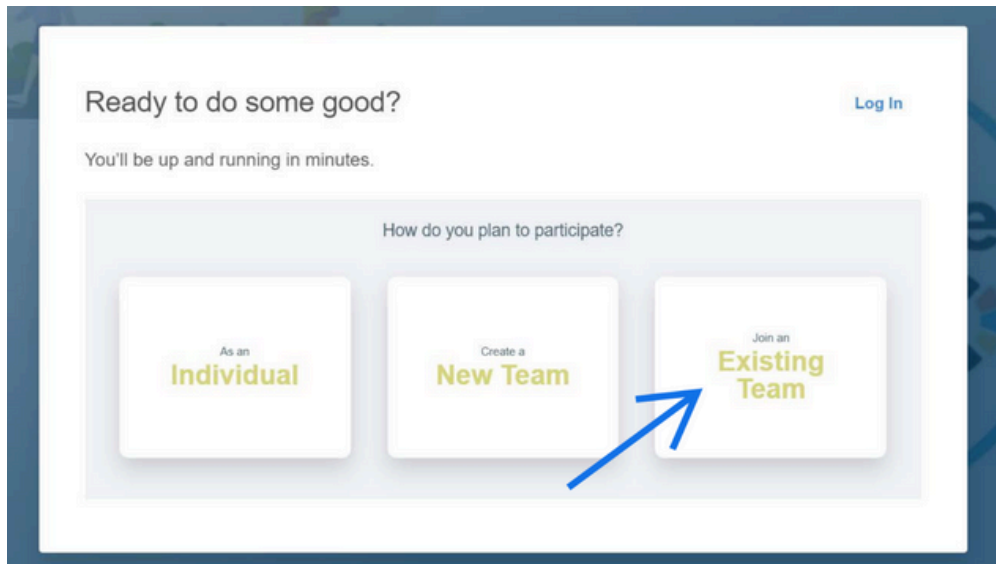
## STEP 5:

**Enjoy INCLUDEnyc's 5k, knowing that you are making a huge impact. You will receive an email every time someone makes a donation to your page!**

# Joining a Team

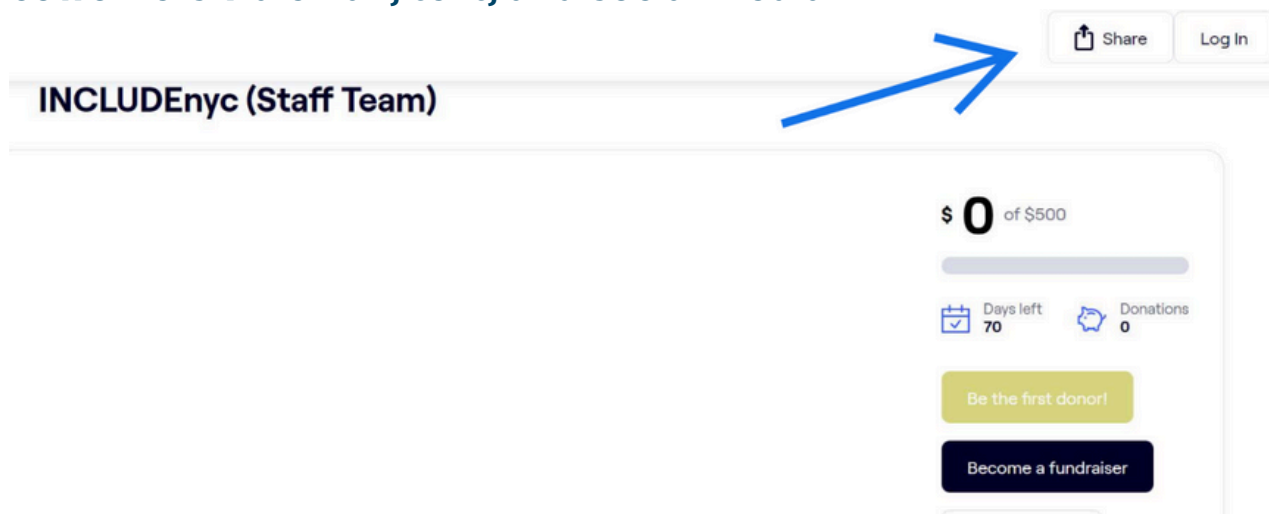
## STEP 1:

**Select Join A Team. Then, use the drop-down menu to select the team you wish to join.**



## STEP 2:

**Share your Team's Fundraising Page with your friends, family, and coworkers via email, text, and social media.**



## STEP 3:

**Enjoy INCLUDEnyc's 5k, knowing that you and your team are making a huge impact. You will receive an email every time someone makes a donation to your team's page!**

# Ways to Get Involved: Follow INCLUDEnyc on Social Media!

## Ways to Get Involved:

Follow INCLUDEnyc on social media! Find us on Facebook,

Instagram, and LinkedIn @INCLUDEnyc

Like, comment, share, and tag your friends on our posts.

## Tips for the 5K:

**Optional: Make your social media page public on the day of the event. This way INCLUDEnyc can share and repost your content on our page!**

## Tag INCLUDEnyc

**If you are taking a video, make sure to hold your camera vertically for the best capture.**

# THANK YOU!

**We are excited to partner with you in this great event! Your support is vital to helping INCLUDENyc achieve its mission of serving youth with any disability, their families, and professionals across New York City.**

**We thank you for your participation and interest.**

