

## The Autism Society of Central Virginia's 5K & Family Fun Day

Now in its 22nd year, the ASCV 5K & Family Fun Day is cherished by our local autism community as an opportunity to connect with one another and have fun! Participants will gather at Crump Park on Saturday, May 18th from 8-11 AM for festivities, including the 5K race, awards ceremony, and entertainment!

### STEPS TO SUCCESS

#### 1 Register online at:

When you register you can choose to join an existing team or create your own!



#### 2 Set A Personal Goal

Aim to raise at least \$150 in support of the ASCV, and help your team raise \$1,500 (or more!) as a group!

#### 3 Personalize Your Fundraising Page

Customize your ASCV fundraising page!

- Share a personal picture and/or story to show your passion for supporting our local autism community!

#### 4 Fundraise!

##### 1. Set the Tone!

Start your fundraising by making a personal donation to your page. Friends and family will be motivated to give when you do!

##### 2. Visit [www.ascv5k.org](http://www.ascv5k.org) to find our Fundraising Playbook

There you can access email templates, tried and true tips, and our social media toolkits to help get your fundraising started!

##### 3. Ask others for donations!

Ask in person, via text, or by email. Use your Fundraising Tools to connect your fundraising page to a Facebook Fundraiser and reach your friends on social media. Don't be shy—just ask!

#### 5 Celebrate and show your team spirit at the ASCV 5K & Family Fun Day!

### About the ASCV

The Autism Society of Central Virginia (ASCV) is a local nonprofit dedicated to supporting, empowering, and building connections to improve the lives of all in the Central Virginia autism community.

### In 2023 the ASCV:

Held **422** social and recreational programs for **9,769** participants

Provided scholarships and financial assistance to **255** individuals and families, totaling **\$30,600**

Held **53** community trainings for over **1615** attendees in the Greater Richmond area and beyond