

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 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!

2 Set A Personal & Team Goal

Set a team fundraising goal. We suggest a goal of \$1,500: if each member pushes to raise \$150, you reach your team goal (and likely surpass it!)

3 Invite & Motivate Team Members

Recruit 10+ team members and help them register online:

WWW.ASCV5K.ORG

Motivate and encourage your team members along the way.

- Check out our fundraising playbook for tips and templates to engage your team!
- Check in regularly and acknowledge when members move closer to their goal and/or achieve it!

4 Fundraise!

Encourage each team member to raise \$XXX by following these simple steps:

- 1. Set the tone and make a personal donation to your page!**
- 2. Visit 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