



Starter Guide

FOR STUDENTS

MAY 17, 2025 | 8-11AM | CRUMP PARK

Get your friends together, rep your school, and make a difference! Compete for running, team spirit & fundraising awards—and hey, it'll look pretty great on your college apps, too! 🎓

Time to get moving and make this event amazing!



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.

Register and learn how you can support our autism community through the ASCV 5K & Family Fun Day at:

ASCV5K.ORG

LET'S GET STARTED:

1

Register Yourself and/or a Team

Sign up at ASCV5K.org. Fundraise solo or rally your friends and start a team!

2

Make Your Fundraising Page Pop

Add a personal pic and a quick message to show why you're supporting the autism community.

3

Raise Funds, Your Way

Host a bake sale, set up a Venmo challenge, get your school involved with a dress-down day, or ask for donations instead of birthday gifts. Be creative!

Need ideas? Check out our Fundraising Playbook for messaging samples, social media templates, and fun ways to hit your goal!

4

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

👉 **Earn Community Service Hours!** Participating and fundraising may count toward volunteer hours for school clubs like NHS—check with your advisor!

