



Participant's Guide

Raising funds for the ASCV 5K & Family Fun Day helps support our local autism community. As a participant, you get the best of both worlds: making an impact, and having fun doing it!

We know that not everyone may know where to start when it comes to raising money. But don't worry, **our team is here to help you at every step. You've got this!**



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

5 STEPS TO YOUR SUCCESS:

1

Register Online

When you register, you can choose to join an existing team or step up as a team captain and 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

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

4

Start Fundraising

- **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!
- **Use the Fundraising Playbook:** There you can access email templates, tried and true tips, and our social media samples to help get your fundraising started!
- **Ask 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!