



**Autism  
Society**  
Central Virginia



# SOCIAL STORY

What to Expect at the ASCV 5K & Family Fun Day



I am going to the ASCV 5K & Family Fun Day. When I see a big arch, stage, and tents, I will know that I have arrived.

## WHEN I ARRIVE...

First, I will arrive at Crump Park. If I haven't been there before, I will drive down a road past some parks to the field parking area and walk across the street to the Family Fun Day area.



There will be police officers and RMC Event staff guiding me to the right area to keep me safe.





The Family Fun Day area will have lots of people, tents with different activities, food trucks, and a stage. Some parts are noisy, and that's okay.

I can walk to the quiet area in the Parson's Center for a break, check out the ASCV Booth for a sensory kit, visit a Sensory Tent, or wear headphones. Throughout the day, there might be lines, but I can take deep breaths and wait patiently with a grown up.



## THE OPENING CEREMONIES

The ASCV 5K opening ceremonies will start at 8:40am on the stage. This will include announcers welcoming participants, someone singing the national anthem and performance before everyone heads over to the starting line for the 5K.

The opening ceremonies will create a lot of noise with music and announcements, but I can go to a sensory tent or quiet space to take a break.





## THE START OF THE 5K

After the opening ceremony, everyone who is running the race will be instructed to head to the starting line for the 5K . The starting line will be very crowded and busy. There will be different dressed up characters lined up and someone making announcements to kick off the race.

If the crowd or noise is overwhelming, I can wait to start the race in the quiet area or stand towards the back.



## DURING THE 5K...

If I am running or walking the race, there will be route guides and cheerleaders along the route. The route guides will make sure I stay safe and get to the finish line.

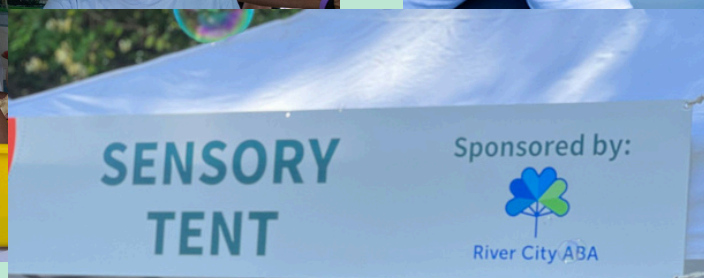




## THE RESOURCE FAIR

The Resource Fair will be next to the stage and will wrap around the sidewalk. There will be a lot of tents with people and different activities to try like coloring, a photo booth, and bubbles!

There will even be a sensory tent that offer activities for me to touch and explore. I can come to hang out, relax, and have fun!



## THE KID'S ZONE

The Kid's Zone will be between the starting line and resource fair. It will have a big bounce slide, the big inflatable duck, obstacle course, games and someone to do temporary tattoos.

There will also be different characters like princesses and Star Wars characters walking around.

There might be lines and some big noises in this area, but if I need a break, I can go to a sensory tent or quiet area.





## THE QUIET ZONE

If I need a longer break, I can go to the Quiet Zone in the Parson's Center near the starting line. It is an indoor space with air conditioning and some fidgets to enjoy.





### **THINGS TO BRING:**

- Sunscreen
- Sunglasses
- Hat
- Running shoes
- Umbrella or Raincoat
- Headphones or something to help reduce loud background noise
- Change of clothes for the car (lots of opportunities to explore!)



**THINGS TO REMEMBER:**

- The closer you are to the stage, the louder the music will be. If you don't like loud noises, you can walk away from the stage, towards the Resource Fair. You can take a break in a sensory zone or the quiet zone.
- There will be food trucks at the festival if you get hungry. There will be tables and chairs to sit at right beside them if you would like a place to sit.
- The bathrooms (port-o-lets) are right next to the resource fair. If you need help finding one, you can ask an adult.
- There will be maps available when you arrive at the event.





## EVENT SCHEDULE

- 8:00am:** ASCV Family Fun Day Begins - Food Trucks, Resource Fair, and Kids Zone Open
- 8:40am:** Opening Ceremonies
- 9:00am:** 5K Race Begins
- 10:15am:** 5K Race Awards Ceremony  
Top Team & Fundraising Awards
- 11:00am:** ASCV 5K & Family Fun Day ends

