

**TO
WRITE
LOVE
ON HER
ARMS.**

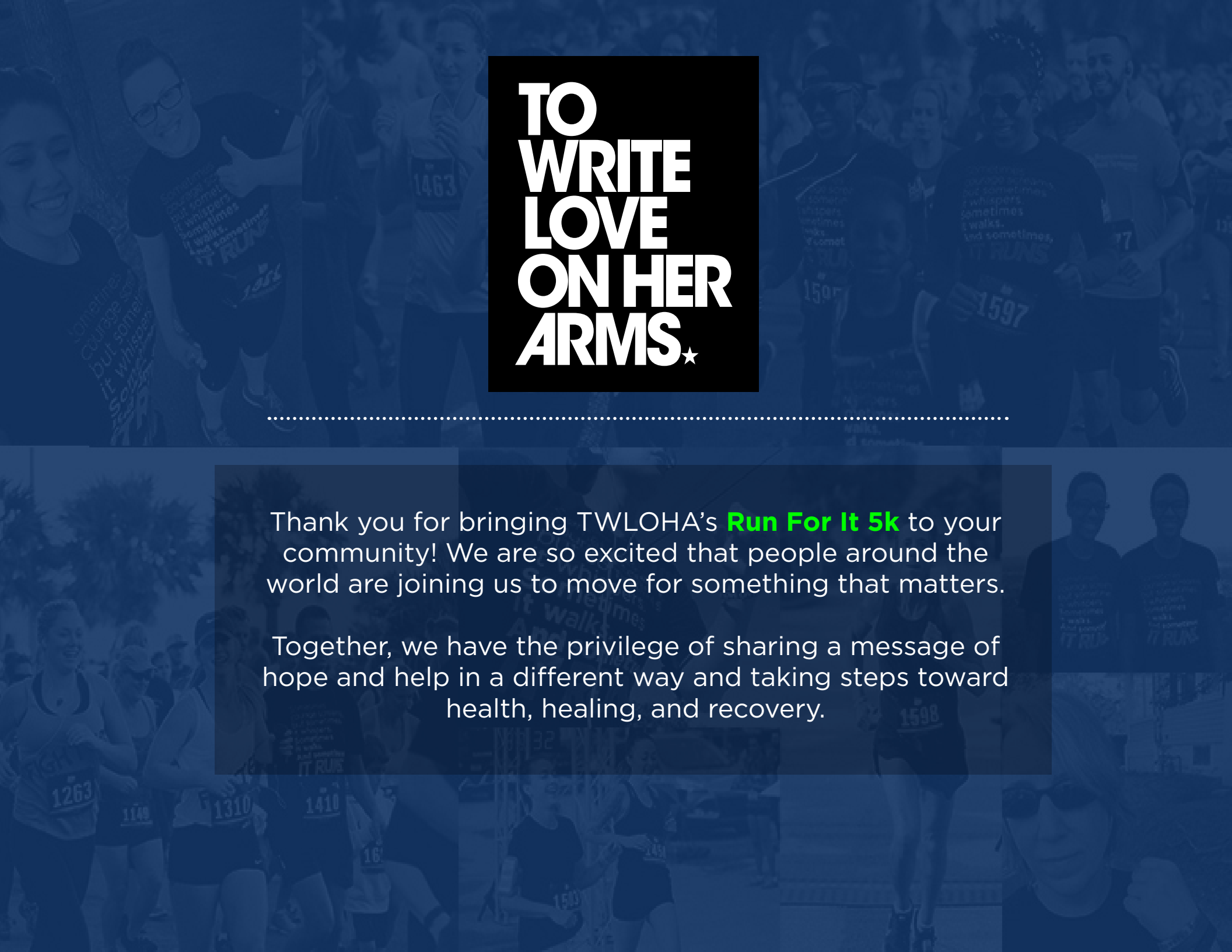
RUN

FOR IT 5K

WHAT WILL YOU RUN FOR?

2017 Meet-Up Guide

Saturday, April 15th



TO WRITE LOVE ON HER ARMS.

Thank you for bringing TWLOHA's **Run For It 5k** to your community! We are so excited that people around the world are joining us to move for something that matters.

Together, we have the privilege of sharing a message of hope and help in a different way and taking steps toward health, healing, and recovery.

Planning a Meet-Up

Here are a few ways you can rally your community to participate in a **Run For It 5k Meet-Up**:

1) Choose a route and a meet-up time.

The route can be around your neighborhood, on a track, or anywhere you can complete 3.1 miles on Saturday, April 15. Choose a route that is safe and avoid running before dawn and after dusk. Consider walking or running the route at least once so you're familiar with the course.

2) Create your fundraising team.

Creating a fundraising team is an easy way to share why you're running, recruit your friends, and raise funds for TWLOHA. To set up your team, you first need to set up your own fundraising page by visiting GiveClassy.org/RunForIt5k17. You'll then be given the opportunity to create a new team. As the team captain, you can use your page to share all the details of your meet-up.

Planning a Meet-Up

3) Register your Meet-Up!

We'd love to hear where folks are hosting meet-ups! You can register your event [here](#).

4) Invite your community.

Invite your friends, family, and neighbors to join you. After they complete their virtual runner registration in our [Online Store](#), they will receive a race shirt, bib, response card, and instructions on how to participate. If you would like to place a bulk order on behalf of your team members, please contact our team at RunForIt5k@twloha.com. When you order five or more Virtual Runner Packs together, you'll get a 20% off discount. That means one pack is **FREE!**

5) Get social.

On race day, make sure to capture your 5k and share your response cards with us on Twitter and Instagram using [#RunForIt5k!](#)

QUESTIONS? Contact us at RunForIt5k@twloha.com.