

**TO
WRITE
LOVE
ON HER
ARMS***

**RUN
FOR IT 5K**

Meet-Up Guide



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



I'M RUNNING FOR...
HOPE.

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 16. 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 Classy.org/RunForIt5k. 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.

My Dad. & for the people
that wake up every morning
& make the choice to live.

Planning a Meet-Up

3) 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, 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. We will provide you with a special team discount on orders over four.

4) Get social.

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

Don't forget to register your meet up!

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

QUESTIONS? Contact us at RunForIt5k@twloha.com.