



TURKEY DAY 5K

WHY FAMILY VOLUNTEERING?

Family Volunteer Day is a day of service that celebrates the power of families who work together to support their communities and neighborhoods. Volunteering is a great way for kids and adults to make new friends, develop compassion for their neighbors, and even pick up a new skill or two!

THE ISSUE OF HEALTH AND WELLNESS

Being healthy is an important part of a happy life, and parents are essential to determining how active their children will be later in life. Help your family and community get moving and raise money for a good cause at the same time!

WHAT YOU'LL BE DOING

Organizing a 5k run to strengthen community bonds and raise money for a good cause.

WHAT YOU'LL LEARN

How to bring your community together for a great cause.

WHAT YOU'LL NEED

- Posters, social media accounts
- Table for check-ins
- Paper and pins
- Streamers to act as the finish line
- Bell
- Trophy

IDEAS TO CHAT ABOUT

- How will your community benefit from coming together for a 5k race?
- Why is it important to raise and donate funds to charities?

ADDITIONAL RESOURCES

- Make it a themed run! Superheroes, lumberjacks, or ancient Egyptians, it doesn't matter because people love to dress up!
- Try to find a sponsor who is willing to offer a special treat or refreshments for everyone at the finish line.
- [Check this](#) out for additional tools, tips, and resources for setting up a 5K.

HOW TO KEEP THE GIVING GOING

Create an obstacle course event where the price of admission is a can of food and donate the proceeds to a local organization.

PROJECT INSTRUCTIONS

1. Find a suitable route for the run. You can use a work-out track, a walking path, or even your city streets as long as you get the proper permissions
 - a. Check with local authorities to see if you need permits, police barricades, or detours for cars. You should plan this at least 3 weeks in advance of the project, depending on where you live
2. Reach out to local businesses to see if they will sponsor your 5K with gift items for participants, donations for the charity in question, or refreshments for the runners
3. Find an organization where you can donate the proceeds from race registration
4. Recruit classmates, community members, and families to run in your 5K by posting fliers and spreading the word via social media. Don't forget to tell them it's for a good cause!
 - a. Make sure to tell everyone it's OK to walk in this "run"!
5. Have runners RSVP and pay a small sign-up fee to participate. This will help ensure that they come to the event and will help you raise money for the organization of your choice!
6. On the day of the event, prepare a check-in table to greet and register the runners.
7. Give each family matching numbers. Each family member must cross the line in order for the family to finish!
8. Set up your finish line with streamers and confetti.
9. Line up the runners and ring the bell to start them off!
10. Be ready at the finish line to watch for the first to cross the finish line. Wait until the run has finished to give out the trophy so the whole community can be present to offer congratulations to the family who finished first.

SAMPLE BUDGET

| Item | Amount | Price |
|-------------------|--------|----------------|
| Posterboard | 1 | \$15.34 |
| Sign-In Notebook | 1 | \$55.99 |
| Bag of Pens | 1 | \$10 |
| Roll of Streamers | 1 | \$6.50 |
| Plastic Trophies | 3 | \$10.00 |
| TOTAL: | | \$87.83 |

REFLECTION

Activity idea! Ask each runner a series of questions after they've crossed the finish line. Record everyone's answers and make a video or collage of the responses. Ask the following questions:

- Why did you participate?
- Why is exercise important for your family?
- How did this event help your community?
- What benefits did it have for you and your family?