



Virtual 5K Information Packet

Bring your family, friends, neighbors, or dog along! You can run, walk, bike, paddle. Just get your body moving for an exceptional organization that helps women fighting breast and gynecologic cancers when they need it most.

Participation

Participating in our Virtual 5K couldn't be easier! Not only do you get to decide how you would like to get active – walking, running, paddling, hiking, etc. – you also get to decide how far you would like to go. So take a leisurely walk or challenge yourself, it's up to you! You can complete your 5k in one go or throughout the Weekend of Wellness.

Whenever you decide that you're done, simply post a photo on social media, tag us using one of the handles below and use the hashtag #NWHHFinisher. You will be automatically entered in our giveaway with a chance to win an amazing wellness gift basket!

Instagram: @nwhopeandhealing

Facebook: @nwhopeandhealing

Twitter: @NWHopeHealing

Unsure what to listen to while you participate? We've got you covered! Our team has put together a special "Weekend of Wellness Virtual 5K" Spotify Playlist [here!](#)

How Far Can You Go For NWHH

Feeling ambitious? The participant that records the most mileage for their preferred activity during the Weekend of Wellness will receive be honored on our digital leaderboard.

[Submit Your Mileage](#)

Here's How It Works:

1. By buying a ticket to the Weekend of Wellness, you are already entered into our Virtual 5K!
2. Complete your Virtual 5k between December 2nd and 5th
3. Enter miles completed [here](#)!
4. Fundraise for NWHH using one of the methods listed below.
5. Post a finish photo on Facebook or Instagram with #NWHHFinisher
6. Have fun!

Want to give more to NWHH?

Thank you for supporting Northwest Hope and Healing by purchasing a ticket to the Weekend of Wellness. If you are interested in increasing your impact, please see the fundraising options below!

(Note: These are just a few of the many ways to support NWHH and the work that we do. If you would like to get involved in another way not listed here, we want to hear from you! Please contact: nels@nwhopeandhealing.org)

1. Have Friends or Family Sponsor Per Mile!

Get the word out about NWHH to your network by encouraging your friends and family to sponsor you per mile as you run/walk/paddle for NWHH! Sponsors will feel inspired to give by your commitment and this option may even encourage you to go farther than you thought you could.

Donations can be made via our standard donation form [here](#).

We have prepared the following sample message that you can share with potential sponsors. Feel free to customize it!

Hello!

I am reaching out because I am participating in Northwest Hope and Healing's Weekend of Wellness Virtual 5K and am actively looking for sponsors!

I plan to walk/run/bike _____ miles for this initiative. Please consider making a corresponding per mile donation to Northwest Hope and Healing (NWHH). Donations can be made through their giving page [here](#). All you have to do is indicate that your gift is in honor of me! Even a small donation per mile has a big impact for the women that NWHH supports.

Northwest Hope and Healing provides immediate financial assistance to local women (and a few men) who are undergoing treatment for breast and

gynecologic cancers to help them pay for everyday basics like gas, groceries, child care, and rent.

Please join me in supporting the important work that NWHH does to provide financial assistance to those who need it most!

*Thank you,
[Your Name]*

2. Fundraise on Facebook!

Did you know that you can host your own fundraiser for NWHH on Facebook?

Simply create a post and in the “Add to Your Post” section, select “Raise Money.” Search for “Northwest Hope & Healing Foundation” and select the top result. Write your post using the information in the sponsor letter above to share the word about NWHH and how you are supporting our important mission. Easy!

3. Secure A Matching Donation From Your Employer!

Many businesses will provide matching donations when one of their employees gives to a registered 501c3.

If your employer has a matching gift program, please consider making a donation via our standard donation form [here](#). We'll send you a receipt that you can submit to your employer. You may have the opportunity to double or even triple your impact!