



INCLUDEnyc's 5K: Run, Walk, or Roll for Love, Equity, and Access.



INCLUDEnyc supports our city's youth with disabilities, promotes families' voices in policy, and provides education professionals with resources to best serve our community.



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include nyc

At INCLUDEnyc, we envision a world where there is love, equity, and access for all young people with disabilities. Our mission is to promote positive futures and enhance the quality of life for New York City youth with disabilities, ages birth through 26, and their families. INCLUDEnyc empowers families of children and youth with disabilities with the knowledge, confidence, and skills to make informed decisions, effectively access and navigate systems and services, and advocate for themselves and other young people with disabilities and their families. INCLUDEnyc supports educators, youth workers, and other professionals to partner with families for successful, person-centered services, and to support and promote a family voice in the policy process.

AT-A-GLANCE 2023



Help Line



3,478 requests answered



4% increase

Information



141,027 print and digital resources accessed

Join INCLUDEnyc at the inaugural 5k - Run, Walk, or Roll for Love, Equity, and Access! Your involvement will directly support INCLUDEnyc's programs and workshops and make a positive impact on the lives of thousands of young people with disabilities and their families in NYC. Participate in the 5K, or support us from the sidelines. Help us raise funds to promote Love, Equity, and Access!

Day of Agenda

9:00am Check-in Opens

10:30am Race Kickoff and Start

11:30am Awards Ceremony



How to Get Started

1. Here's how to register. Visit <https://events.elitefeats.com/24includenyc>

2. Fill participant info.

3. Create or Join Team (optional).

Create a team to maximize the positive impact you can make. Anyone can create one! Your team can be as simple as the "Smith Family" or a group of friends who want to support our cause.

Or join a pre-existing team - Search for an existing team such as a Company or Group. This option also allows INCLUDEnyc staff, families, or friends to join an established team.

4. Provide additional support (optional).

While not at all required, additional funding is always welcome and crucial in helping us promote Love, Equity, and Access. To those willing and able, INCLUDEnyc is truly grateful for any donations. Click "\$5", "\$10", "\$25", or enter a specific amount you would like to donate.

5. Agree to Terms and Conditions.

***Minors must have their parent or guardian complete the waiver section.**

6. For those who want to register their friends or family:

Click "Add Another Registrant" and enter the additional runner's information.

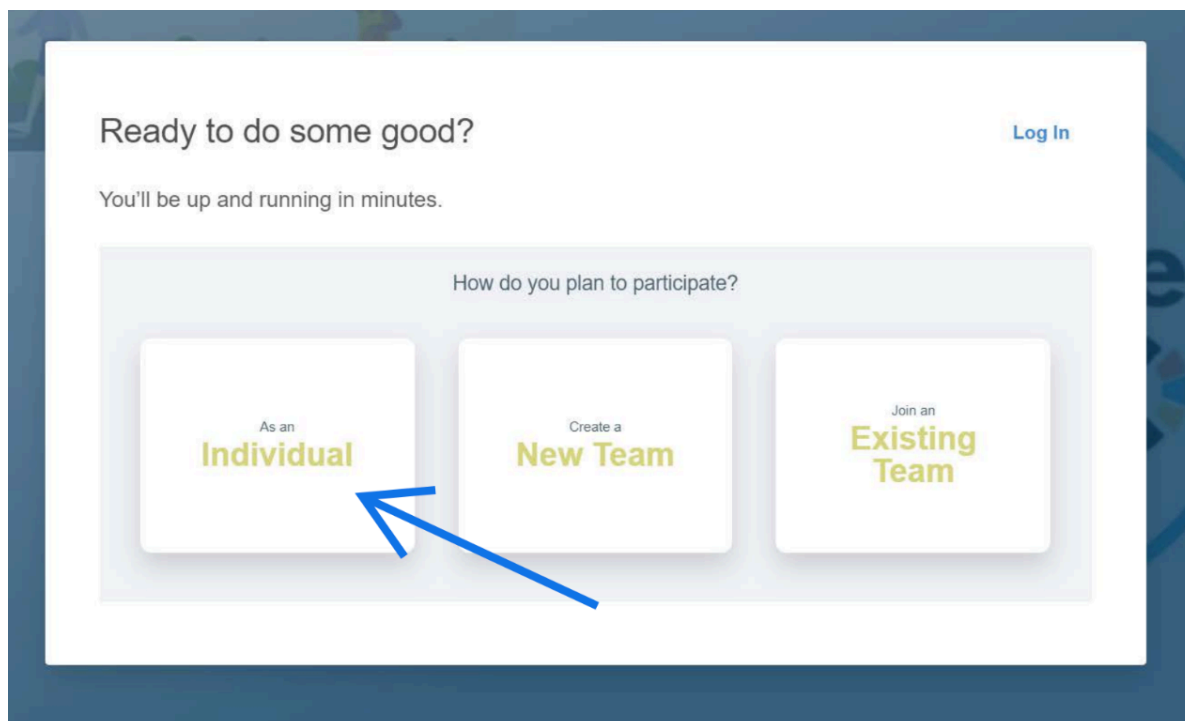
7. Enter billing info and click submit!

Race bibs and t-shirts will be available for pick up at check-in on the day of the event. Shirt sizes are subject to availability. Make sure you arrive early to give yourself enough time to warm up!

Creating a Personal Fundraising Page

STEP 1:

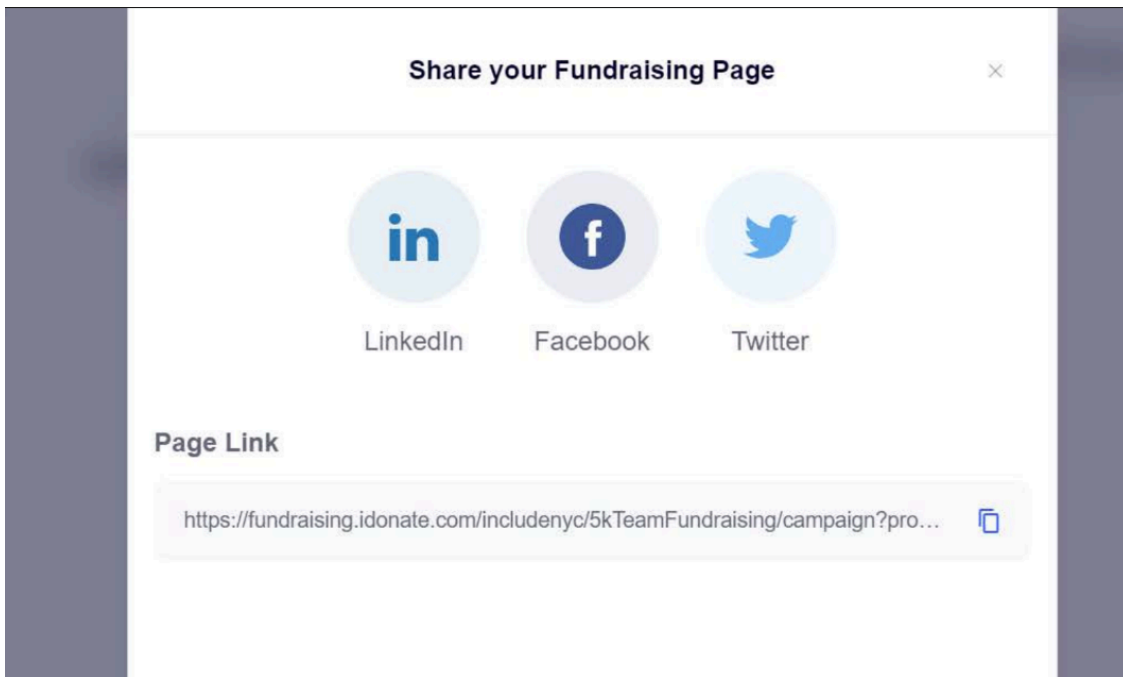
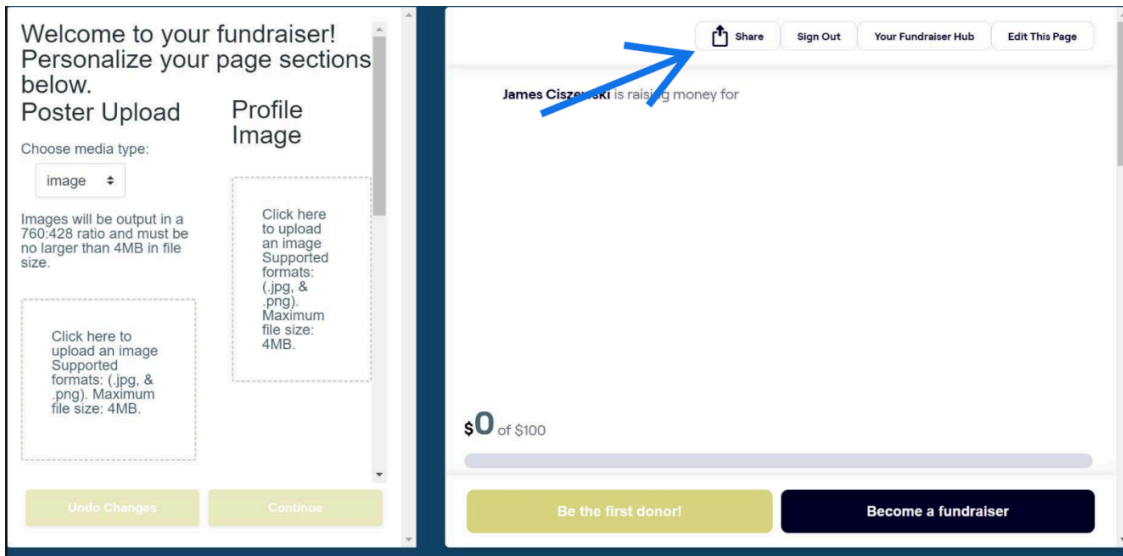
Click “Become a Fundraiser” to register online. Customize your very own fundraising page in just a few minutes and make sure to communicate why this mission is so important to you.



Creating a Personal Fundraising Page

STEP 2:

Share your fundraising page with your friends, family, and coworkers via email, text, and social media.



STEP 3:

Enjoy INCLUDEnyc's 5k, knowing that you are making a huge impact. You will receive an email every time someone makes a donation to your page!

Creating a Personal Fundraising Page

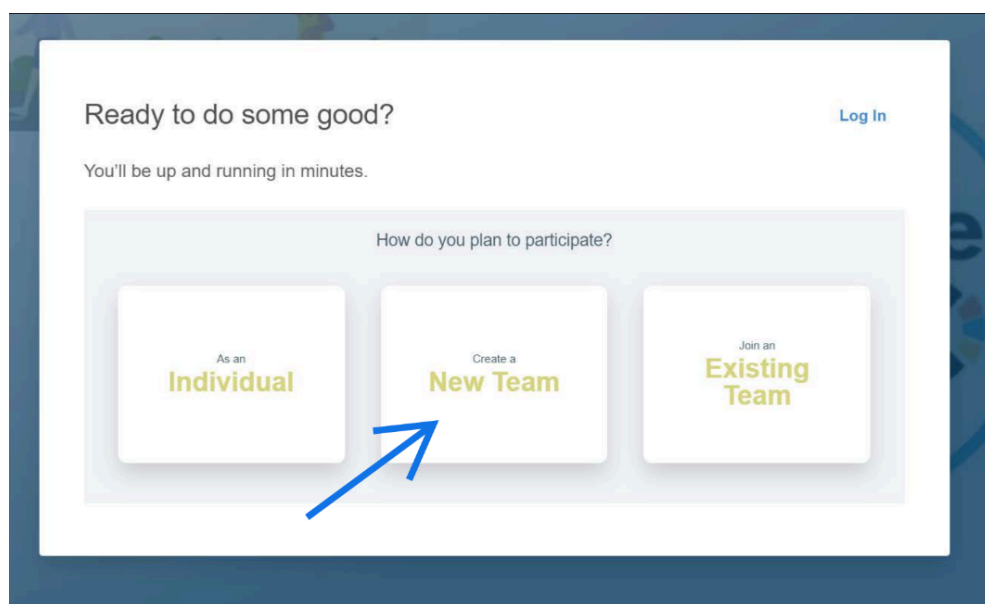
Fundraising Teams

<https://fundraising.idonate.com/includenyc/5kTeamFundraising>

Here is how to get started:

STEP 1:

a. To create a team from the program page, select **Become a Fundraiser**, then select **Create a New Team**. This will bring up the Team Page Creation interface.



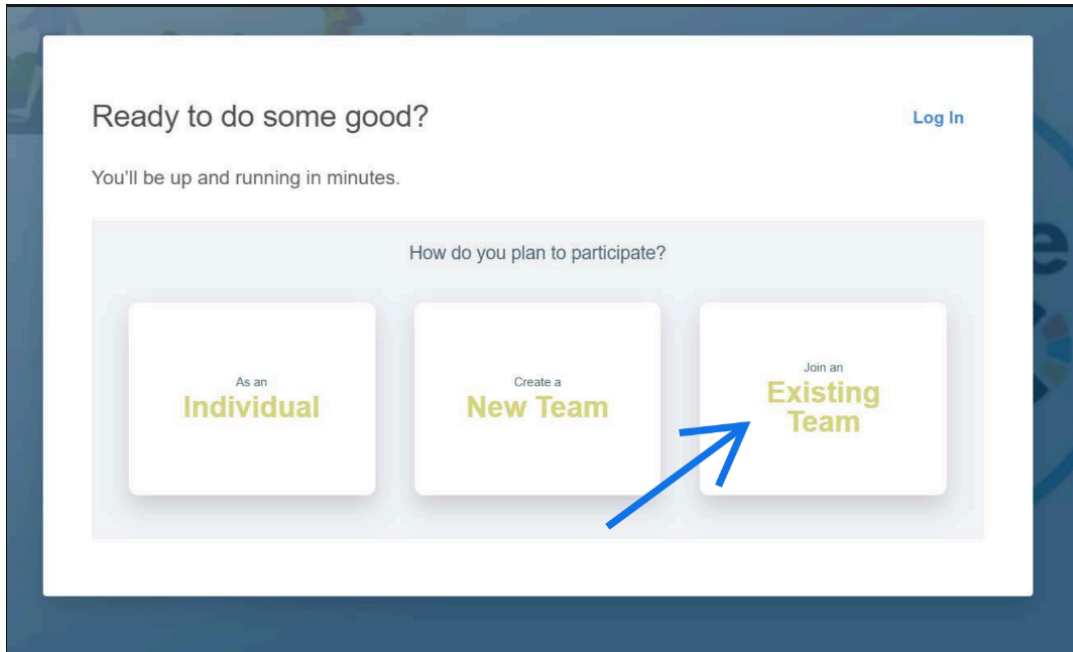
b. Joining a Team

There are two ways to join a Team.

From the Program Page – Select **Become a Fundraiser**, then select **Join an Existing Team**. Then use the drop-down menu to select the team you wish to join.

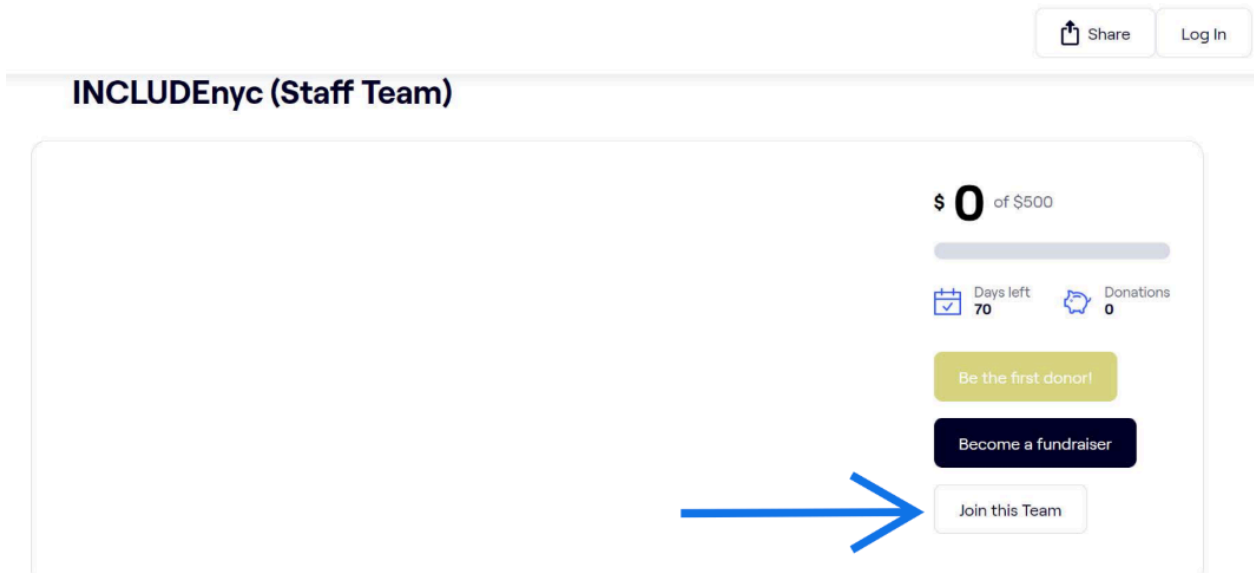


Creating a Personal Fundraising Page



From the Team Page

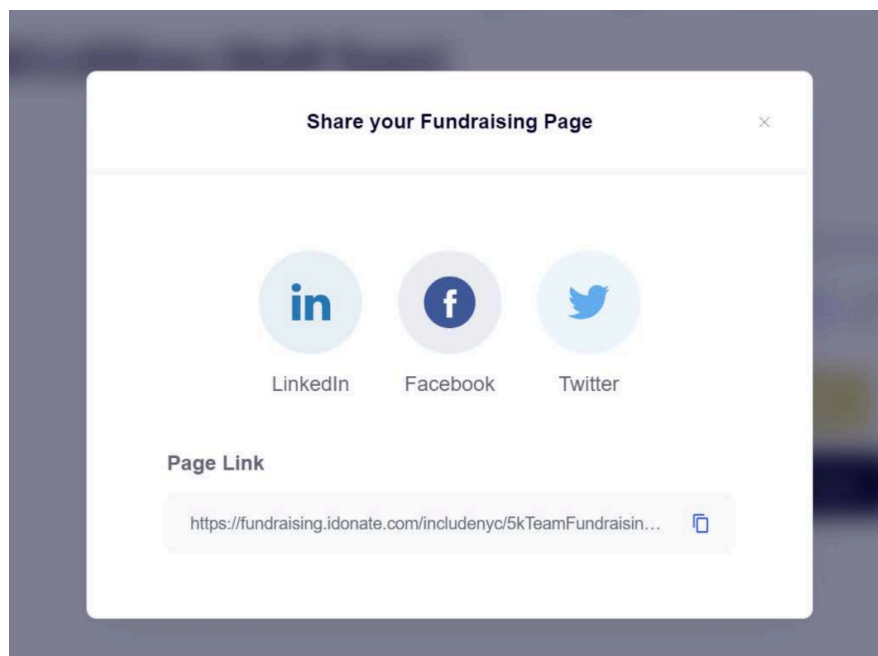
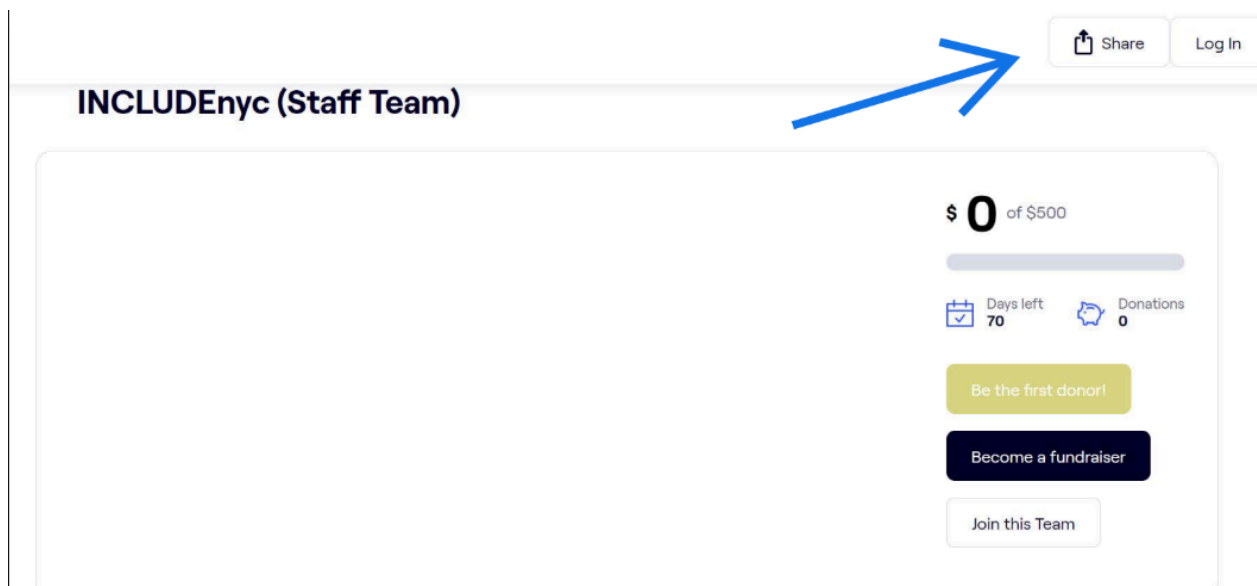
- Select **Join this Team**. If you are logged in, you will be automatically added to the team.



Creating a Personal Fundraising Page

STEP 2:

Share your team's fundraising page with your friends, family, and coworkers via email, text, and social media.



STEP 3:

Enjoy INCLUDEnyc's 5k, knowing that you and your teams are making a huge impact. You will receive an email every time someone makes a donation to your team's page!

Ways to Get Involved: Follow INCLUDEnyc on Social Media!

Ways to Get Involved:

Follow INCLUDEnyc on social media! Find us on Facebook,

Instagram, and LinkedIn @INCLUDEnyc

Like, comment, share, and tag your friends on our posts.

Tips for the 5K:

Optional: Make your social media page public on the day of the event. This way INCLUDEnyc can share and repost your content on our page!

Tag INCLUDEnyc

If you are taking a video, make sure to hold your camera vertically for the best capture

Facebook:

Join me as I raise funds for @INCLUDEnyc at the inaugural INCLUDEnyc 5k - Run, Walk, or Roll for Love, Equity, and Access! Your contribution will support INCLUDEnyc’s mission of creating positive futures for youth with all types of disabilities and allow INCLUDEnyc to continue bringing free, life-changing programming to students with disabilities, and their families, across all five boroughs of New York City. [INSERT LINK TO PERSONAL FUNDRAISING PAGE]

LinkedIn:

@INCLUDEnyc will be hosting their inaugural INCLUDEnyc 5k - Run, Walk, or Roll for Love, Equity, and Access on October 6, 2024, at Flushing Meadows Corona Park, Queens, NY. Join me as I raise funds to help INCLUDEnyc advance its mission of creating positive futures for youth with all types of disabilities while promoting meaningful inclusion for them in the broader community. Any contribution is greatly appreciated and don’t forget to ask your employer if they match donations! [INSERT LINK TO PERSONAL FUNDRAISING PAGE]

Instagram:

Please join me in supporting @INCLUDEnyc at the inaugural INCLUDEnyc 5k - Run, Walk, or Roll for Love, Equity, and Access on October 6, 2024. Join my team or donate today! [INSERT LINK TO PERSONAL FUNDRAISING PAGE]

***Instagram allows you to add links directly to your story**

***You can also add links to your Instagram bio**

Twitter/X:

@INCLUDEnyc is hosting their inaugural INCLUDEnyc 5k - Run, Walk, or Roll for Love, Equity, and Access on October 6, 2024. Help me raise funds and donate to a great cause today!

[INSERT LINK TO PERSONAL FUNDRAISING PAGE]

Email/Text:

Hi there! I am helping raise funds for INCLUDEnyc at the inaugural INCLUDEnyc 5k - Run, Walk, or Roll for Love, Equity, and Access! Join me in participating by registering or donating today! [INSERT LINK TO PERSONAL FUNDRAISING PAGE]

Remember these are only templates and we encourage you to personalize your own message to potential donors! Showcase your WHY and add a picture to your post to help engage supporters.

Don’t forget to thank your supporters, too!

Tag @INCLUDEnyc

THANK YOU!

We are excited to partner with you in this great event! Your support is vital to helping INCLUDEnyc achieve its mission of serving youth with any disability, their families, and professionals across New York City.

We thank you for your participation and interest.

