



UGANDAN WATER PROJECT'S 11TH ANNUAL 5K WALK & RUN

Saturday, April 18th, 2020

Powder Mills Park | Rand Lodge | Race Starts at 9:00AM

You can help give water and give life at this year's 5K by signing up as a **volunteer**, registering to **walk or run** the race, or **getting a team together** and **being sponsored runners**! As a sponsored runner, if you raise \$50 or more your registration fee is waived and you get to be apart of furthering the mission of UWP and bringing life-changing water solutions to communities in Uganda.

Each year the 5K raises \$25,000-\$35,000 to help fund the mission of UWP throughout the year. The event brings out 400-500 runners, walkers, volunteers and friends to cheer them on! The 5K is an energetic, family-friendly event with live music, refreshments, prizes and a 1K Kids Fun Run.

Online Registration begins February 1st, 2020

www.ugandanwaterproject.com/5K

Thinking about being a sponsored runner? Here are 3 simple steps to get going...

1 - Recruit your team

- Gather your friends, family, people from your church, sports teams, and school
- Sign up online at www.ugandanwaterproject.com/sponsored-runner

2 - Fundraise

- Pitch your cause to corporate sponsors to help support you and your team,
- Use your personalized online fundraising campaign and promote your link via social media
- Get 20 friends to donate \$25
- The last 24 hours before the race see the most competition between sponsored runners and teams - develop a strategy to get an edge, secure some last second donations and take home the team trophy!

3 - Come out to the race

- Get your friends and family to walk with you or hang out at the race - it's a fun family friendly event with live music, a Kids 1K Fun Run, and some great post-race food!

Other ways to get involved...

- Gather a few friends to help volunteer at the race
 - There is always a need for volunteers to help with set-up, managing the course & water tables, registration, decorating the tent, setting up food, handing out awards, and clean up!
- Support someone you know who is a sponsored runner
- Come out to the race to cheer on our runners and walkers!