

WRR 2024 VIRTUAL RACE GUIDE

Thank you for signing up to Walk, Run, or Ride for Life April 20th – May 4th!

Inside this booklet, you will find all the information you need to complete your virtual race and qualify for prizes. We have also included team and fundraising information, ideas for running trails and greenways, and a specially created playlist. We hope you find this guide helpful as you Walk, Run, or Ride for Life during this year's virtual WRR! Should you have additional questions, you can reach Stephanie at development@assistcpc.org.

The Basics

What is a virtual race?

- **The 2024 WRR for Life has been structured as a virtual, distributed event with an in-person closing Program.** This virtual event means individuals, families, and groups can gather, **wear their Walk-Run-Ride shirt** and represent life in your part of the community-spreading the message across Fairfax County. We are leaning heavily on teams to be formed and participate in this event together and hope this means your small group, youth group, or family can complete their walk, run, or ride any time between April 20th and May 4th, at their preferred location. Our goal is to increase our reach and participation through this model. All Registered participants will be invited to our **in-person** Celebration of LIFE Closing Program to wrap up the event on Saturday, May 4th!

How much does the event cost?

- It is **FREE** to sign-up! Consider making a donation when registering to support families. Invite others to sponsor you, and earn prizes along the way!

Sign me up!

- You can sign up and edit your online account by going to: www.runsignup.com/wrrforlife




Use your phone's
camera to scan the
QR code to sign-up today
as a fundraising participant.

Follow Assist Online for Event

Updates and Prize Opportunities:

 Follow us on Facebook @AssistPC

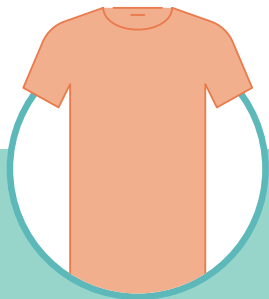
 Follow us on Instagram @AssistPregnancyCenter

Make sure to follow Assist online to see top participant awards and to compete for MORE PRIZES as you share your event updates using hashtag #wrr4life.

Prizes

INDIVIDUAL PRIZES

Each individual who raises funds and reaches the following goals will receive:



T-Shirt

**RAISE
\$50**



Assist Water Bottle

**RAISE
\$250**



Name entered in raffle at Celebration of Life event to possibly win a \$25 Malek's gift card, or a gift card from another supporting business.

**RAISE
\$500**



CFA Gift Card & Assist Tote Bag

**RAISE
\$1,000**

NEW KID FUNDRAISING PRIZES!

(12 and under)



T-Shirt

**RAISE
\$25**



Assist Water Bottle

**RAISE
\$150**



Sweet Frog Gift Card

**RAISE
\$250**

TEAM PRIZES

**TOP FUNDRAISING
TEAM**



Great American
Gift Card

**LARGEST FUNDRAISING
TEAM**



Chick-Fil-A
Gift Card

+



Water
Bottle

Team

Form a Team to Support Life Together

Put a team together with your friends or church, and compete for top fundraising team prizes as a group! We will be awarding a special Team Prize to the top and to the largest fundraising team.

Team Sign Up

On the first page of your registration, you can opt to join an existing team or create a brand new team. Make sure you also select who your team captain will be during registration. If you are creating a team, you'll also be given the opportunity to set a fundraising goal for your whole team!

Packet and Prizes

Pre-Race Swag Bag and T-Shirt Pick-Up

All registered participants are invited to our pre-event pick up and expo. **Get your swag bag and t-shirt at Assist Pregnancy Center on Saturday, April 20th from 9:00am -12:30pm.** Assist staff will be available to answer any questions during the expo. Get your shirt, if you raised \$50, and pick up fun event swag.

Prize Pick Up

Initial Fundraising Prizes will also be available for pick-up during the pre-event expo.

Fundraising

Create a Personal Fundraiser

When registering, you will have the opportunity to create your own personal fundraising page to support Assist Pregnancy Center. You will be able to share why you are passionate about saving lives and set your own fundraising goal. You will then be given a link you can share with your friends and family to encourage them to support your fundraiser for Assist Pregnancy Center!

How does this support Assist Pregnancy Center?

Creating a personal fundraising page for Assist provides an opportunity for you to share the important ministry of Assist within your own circle and network, creating more awareness and support for the ministry all because you shared an easy link to give online! **You are making a difference for life when you invite others to sponsor you financially as you participate in this event.** All funds raised through this event ensure critical, life-saving services continue for hundreds of moms, dads, and babies.

Suggested Trails

There are an abundance of beautiful running trails and greenways nearby. Below we've provided a list of some suggested trails in the D.C. metro region.



Burke Lake <https://www.trailrunproject.com/trail/7004459/burke-lake-trail>

Bull Run Occoquan Trail <https://www.trailrunproject.com/trail/7013356/bull-run-occoquan-trail>

Occoquan Regional Park <https://www.novaparks.com/parks/occoquan-regional-park>

Scotts Run Nature Preserve <https://www.trailrunproject.com/trail/7036249/scotts-run-nature-preserve-outer-loop>

Valley Trail (McLean) <https://www.trailrunproject.com/trail/7036782/valley-trail>

North Loop Trail (Centerville) <https://www.trailrunproject.com/trail/7025051/north-loop-trail>

Lake Accotink Trail (Springfield) <https://www.trailrunproject.com/trail/7004148/lake-accotink-trail>

Mount Vernon Trail (DC) <https://www.trailrunproject.com/trail/7004794/mount-vernon-trail>

Four Mile Run Trail (Alexandria/Arlington) <https://www.alltrails.com/trail/us/virginia/four-mile-run-trail>

WOD Trail (Arlington to Leesburg) <https://www.alltrails.com/trail/us/virginia/washington-and-old-dominion-trail--3>

Connect

Get Social and Share the Official Event Hashtag #WRR4LIFE

Before, during and after you've completed your event, share a picture or video on your social media platforms using the hashtag #wrr4life. We'll be sharing as many posts as we can on our channels so be sure to tag us: on Facebook @AssistPC, and on Instagram @AssistPregnancyCenter. **Prize Alert:** If you follow us on Instagram and Facebook and share a picture or video, you'll have opportunities to win even more prizes!

Playlists

We've created a playlist to keep you entertained during your race. Use your phone's camera to scan the QR code to listen to the Assist Spotify Playlist.



About Assist

Our Mission

Assist Pregnancy Center exists to promote life through Christ to those vulnerable to abortion.

Our Vision

We envision every individual in our community choosing physical life for their unborn children, eternal life through faith in Christ, and abundant life by walking in obedience to Him.

Our Services

Thousands of lives have been rescued and transformed through the no-cost services you make possible for women and men navigating unexpected pregnancy. Assist's free services include: pregnancy testing, ultrasound consultations, options counseling, and education regarding abortion risks and alternatives, adoption, and parenting. Pregnancy and parenting education programs empower families. Material resources meet practical needs. Men's mentoring and fatherhood coaching ensures that dads are included. Post-abortion counseling and abortion recovery Bible studies help those already impacted by abortion find hope and healing. Connections to local churches for discipleship and spiritual support provide long term support to families.

Keep In Touch

Follow us on social media:



Follow us on Facebook @AssistPC



Follow us on Instagram @AssistPregnancyCenter

Check out our website: www.assistpartners.org

Stay Connected through Prayer: TXT PRAY to (703) 286-7508 to support families through prayer.

