

# WRR 2025 RACE GUIDE

## Thank you for signing up to Walk, Run, or Ride for Life on May 10th!

We hope you find this guide helpful as you Walk, Run, or Ride for Life during this year's WRR! Should you have additional questions, you can reach Stephanie at [development@assistcpc.org](mailto:development@assistcpc.org).

### The Details

#### IN-Person Walk Run Ride for Life Event!

The event will take place on Saturday, May 10th at 10:00am, at Occoquan Regional Park. Sign up to participate as a walker, runner, or bike rider—and then invite others to sponsor you! Following event completion, stay for food, fun activities, prizes, and ministry stories as we celebrate LIFE together.

**Location: Occoquan Regional Park – Address: 9751 Ox Rd, Lorton, VA 22079.**

#### Course:

- This event is perfect for families! Join other parents who are participating with their kids. Strollers and young children are welcome for this 1 mile fun run.
- The 5K Run will occur on Occoquan Regional Park grounds. The course is an out-and-back course that starts and ends at the pavilion where we are gathering.
- The Adult Distance Cycle is a **VIRTUAL EVENT**. Participants will pick their own course and complete their distance cycle by Saturday, May 10th. All participants are encouraged to join us at Occoquan Regional Park on Saturday, May 10th to partake in our in-person Celebration of Life.

**Registration: Make sure to register so you will receive your t-shirt and qualify to earn prizes.**

#### 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](http://www.runsignup.com/wrrforlife)



Use your phone's camera to scan the QR code to sign-up today

#### Follow Assist Online for Event

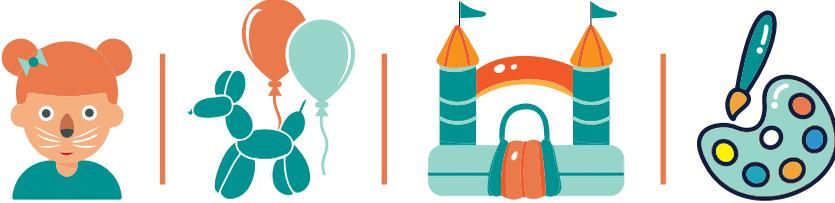
#### Updates and Prize Opportunities:

 Follow us on Facebook @AssistPC

 Follow us on Instagram @AssistPregnancyCenter

## Walk Run Ride for Life Event Activities!

In addition to the 1-mile family stroll and 5K taking place at Occoquan Regional Park, we will have food and fun activities for the whole family as we celebrate life together!



Face painting, balloon artist, caricature artist, bouncy house, and more fun activities for kids and families!

Free specialty coffee drinks for the first 100 participants to arrive!

Sponsored by ACCfamily.



### INDIVIDUAL PRIZES



T-Shirt  
RAISE  
\$50



Chick-Fil-A Gift Card  
RAISE  
\$500



T-Shirt  
RAISE  
\$50



Sweet Frog Gift Card  
RAISE  
\$250

### KID PRIZES

### TEAM PRIZES

LARGEST FUNDRAISING TEAM



Malek's Gift Card

+



Water Bottle

## Team

### Form a Team to Support Life Together

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

## T-Shirt and Prizes

### Event T-Shirt

All registered participants who raise \$50 will receive an event T-shirt on Saturday, May 10th.

### Prize Pick Up

Fundraising Prizes will be available for pick-up on Saturday, May 10th.

## Fundraising

### Create a Personal Fundraiser

When registering, you will have the opportunity to create your own personal fundraising page to support Assist Pregnancy Center where 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! **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.

## Event Location, Occoquan Regional Park

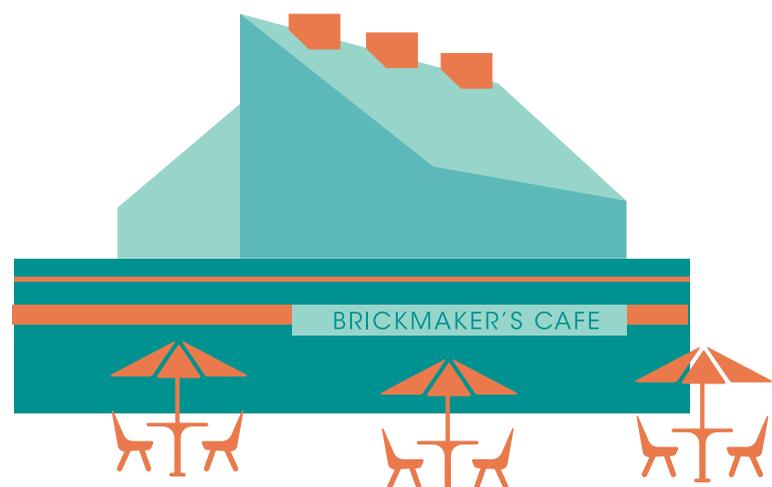
### Brickmaker's Cafe

Brickmaker's menu features a variety of items, including fries, burgers, salads, and more for purchase. Café opens at 11am. Sit by the water and enjoy lunch after the event concludes!

### Additional Park Offerings

- Fishing
- Batting Cage
- Boat & Kayak Rental
- Hiking Trails

More info can be found here:



## Connect

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.

### 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 an unexpected pregnancy. Assist's free services include:

- pregnancy testing
- ultrasound consultations
- options counseling
- education regarding abortion risks and alternatives, adoption, and parenting
- 24/7 nurse support
- STI testing
- STI treatment

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](http://www.assistpartners.org)

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

### Questions?

Reach out to Stephanie at [development@assistcpc.org](mailto:development@assistcpc.org).