



A Virtual 5k

What is Run FASD?

A virtual 5k event that can happen at your own pace wherever you are. From September 9th–25th, 2022, Run FASD to bring awareness to Fetal Alcohol Spectrum Disorders.



In Run FASD, Who Wins?

Run FASD exists as the dream of Coach and Self Advocate Rebecca Tillou. This second annual run exists to raise awareness of Fetal Alcohol Spectrum Disorders, and benefits FASD United, the national voice on FASD.

FASD United is a 501(c)3 Registered Non-Profit
Special Thanks to Kansas FASD Support Network for the Photo



Our Coach

Rebecca Tillou is a mother, author, runner and powerful FASD self-advocate.

Rebecca wants to bring to light that it's never too late to get screened, get a FASD diagnosis, and get assistance or strategies. Rebecca uses running as a support strategy, "Running makes me feel EMPOWERED, STRONG, RELAXED, and IN CONTROL!" .



Registration Options

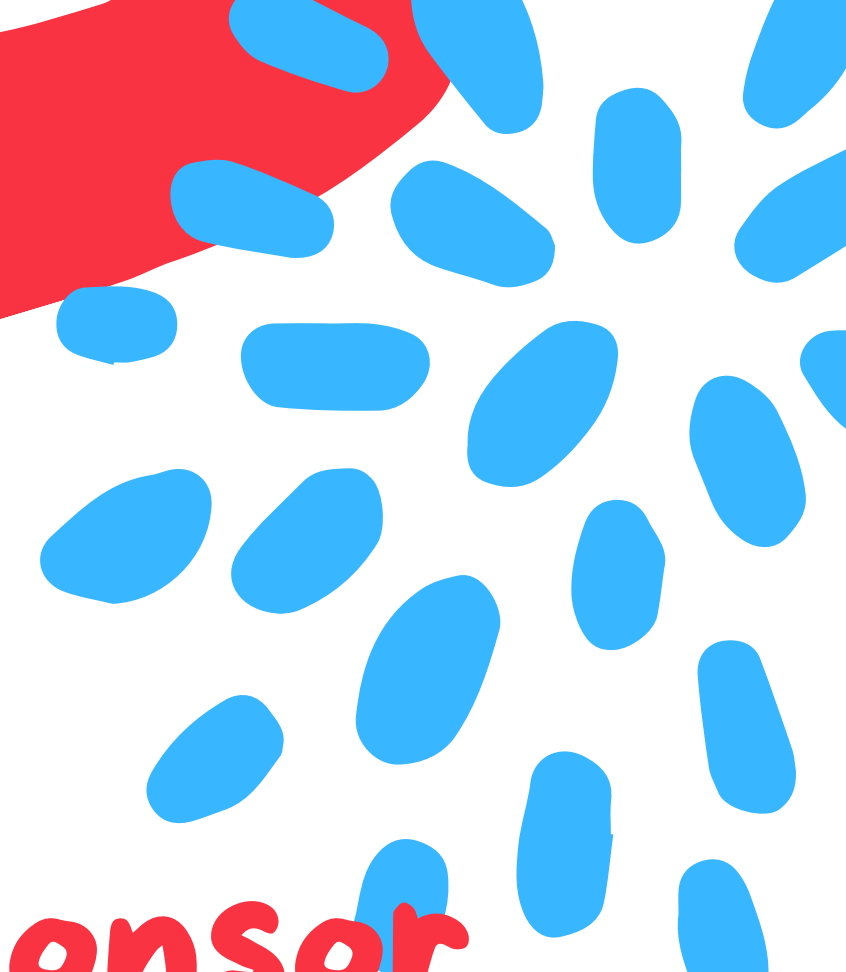
- Full Registration: \$35
(shirt, medal & race bib)
- Shirt & Bib Only: \$20
- Medal Only: \$15
- Race Bib: \$5



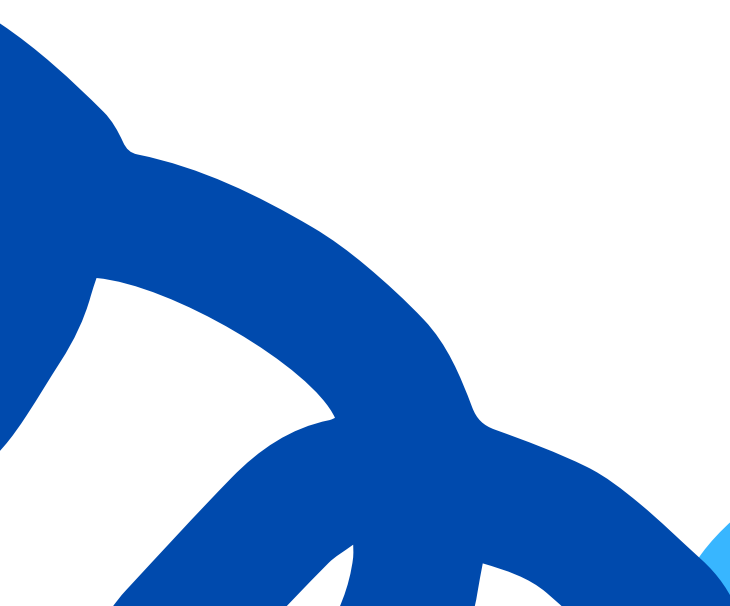
Key Dates

- April: Call for Sponsors
- May 1st: Call for Meet-Ups
- June 1st: Registration Opens
- July 1st: Team Fundraising Mailers
- August 1st: Race Packets Ship
- September 1st: Last Day to Register

September 9th–25th Run FASD



How Can My Affiliate Participate?

1. Become a Sponsor
 2. Create a Meet-Up
 3. Create a Team
 4. Raise Awareness
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Become a Sponsor

At differing tiers, sponsors receive a variety of benefits including social media and website recognition. We have two sponsors committed already for 2022. Register as a sponsor at www.runfasd.org.



Create A Meet-Up

Use Run FASD as a way to build community and build awareness. Host a meet-up for people participating in Run FASD and list it on the Run FASD website. Free for non-profits, register at www.runfasd.org.

Special Thanks to the University of Rochester (Christie Petrenko and Lynn Cole) for the Photo



Join or Host a Team

This year, we've added a team fundraising component to Run FASD. Participants are encouraged to join a fundraising team and participate in peer to peer fundraising. Your affiliate can create your own fundraising team at www.runfasd.org.



Raise Awareness

Special Thanks to Orchids FASD Services of Wisconsin for the Photo



Resources & Contacts



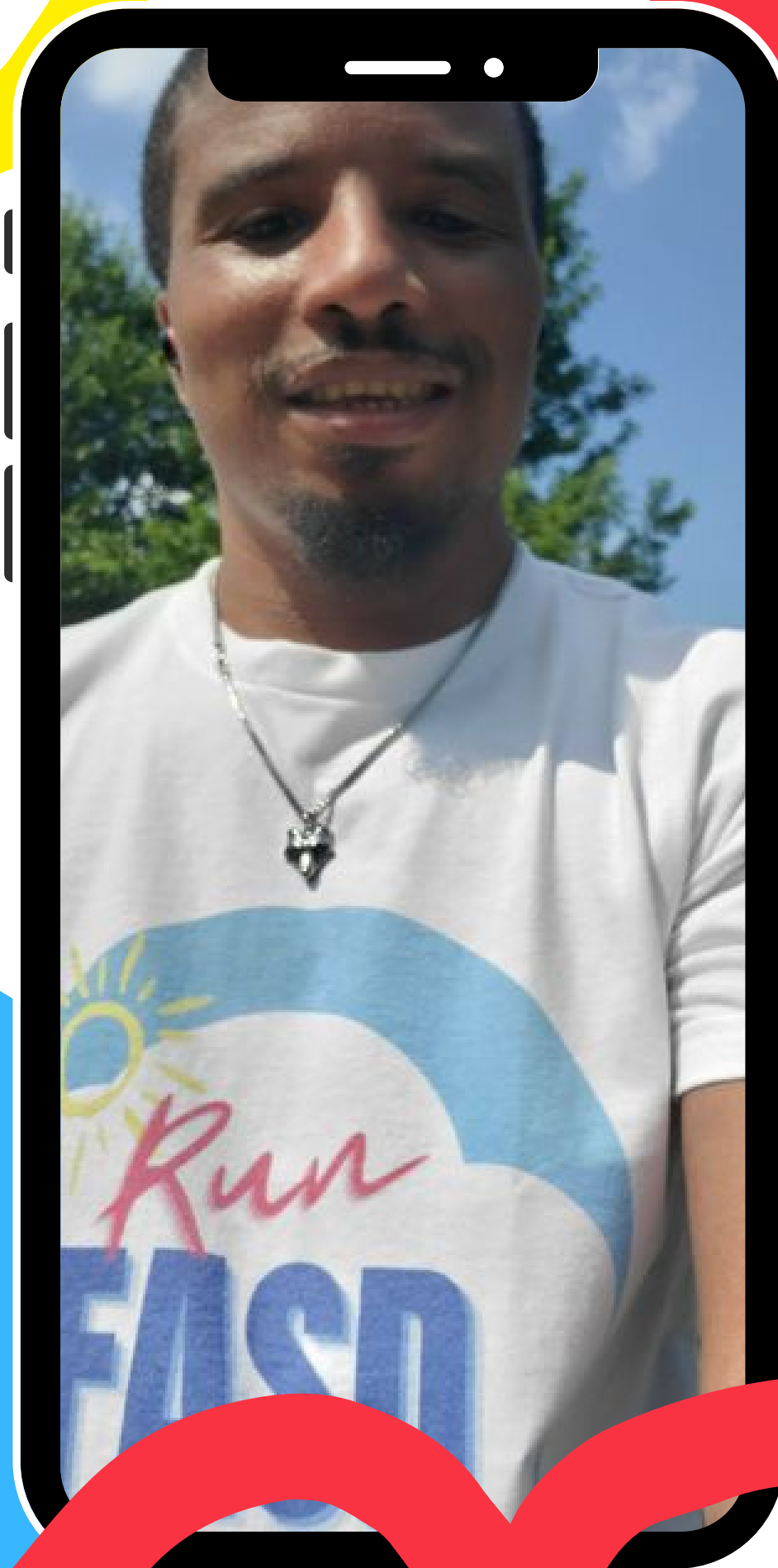
www.runfasd.org



info@runfasd.org



Staff Contact at FASD United
Jenn Wisdahl, 202-601-2530



The background is white with large, abstract, hand-drawn shapes in red, yellow, and blue. There are also clusters of small, light blue oval shapes in the corners.

Thank you

www.runfasd.org