



Thank you for being a part of our very first statewide One Too Many NY 5K to end child abuse!

1 in 10 children will be abused before their 18th birthday. And one child abused is One Too Many.

Your participation in this event helps turn this fact around and provides free services, support and healing assistance to sexually/physically abused children in *your* community.

Here is some information to help you on your virtual run/walk:

1. You can select any day between September 17-20th, 2020
2. You can select any time
3. You can select any route—your neighborhood, your favorite park or your treadmill. **A 5K equals 3.11 miles.** Please remember to follow all CDC protocols and health guidelines for your county.
4. If you would like to track your time and submit it to us, please use one of the many apps available—we suggest: Map My Run by Under Armour, Strava or Nike Run Club

Once you complete your 5K, take a screenshot of your completed time and distance and email it to us at:

onetoomany@nyschildrensalliance.org **before noon on Monday, September 21, 2020.**

Make sure to include your name and bib number. **We need your photo too!**

Feel free to include any other photos, selfies or videos you may have taken along the way.

5. If you would like to compete for one of our statewide competitions* and prizes, you need to email us your name, bib number, and a photo of the category you are competing in. All winners will be notified by email and shared on NYSCA's social media and website.

i.e. You want to compete for "Best View on my Run/Walk."

Submit a photo of say--a beautiful pond you pass on your run/walk, email us at onetoomany@nyschildrensalliance.org, attach the photo, and in the body of the email list your name, bib number, and the category you are submitting for—"Best View on my Run/Walk"

6. Please share your photos, selfies, and videos with us. You don't have to compete in any category, but we would love to post them on our social media accounts and website throughout the event and after! Simply email them to us at: onetoomany@nyschildrensalliance.org or share them on your social media using the #OneTooManyNY5K.

***The One Too Many NY 5K Walk/Run Categories and Prizes:**

Best View on My Run/Walk: winner will receive a \$25 gift card to Shutterfly to capture all their "best views" & memories.

Dogs Need a 5K Too!: winner will receive a \$25 gift card to Chewy.com so you can stock up on dog treats!

I'm a Superhero: winner will receive a \$25 gift card to Dunkin or Starbucks (your choice) because you'll need a boost of caffeine to be a superhero.

Best Decorated Race Bib: you will receive your race bib with your t-shirt or you will receive a bib via email - the winner will receive a \$25 gift card to Michaels to add to your creativity supplies.

Best Celebration Photo: winner will receive a gift package of celebration wine and goodies (*must be 21 years of age*).

Best Race Time: submit your time using a race app screenshot – the best time will receive a \$75 Visa gift card.

Stay Safe, Be Well, and Know that YOU HAVE MADE A DIFFERENCE in the life of a child!

ONE TOO MANY NY 5K
HOSTED BY:



What is NYSCA?

The New York State Children's Alliance, Inc. (NYSCA) is a non-profit member organization that promotes the development, growth and continuation of 47 Child Advocacy Centers (CACs) throughout New York State in order to provide healing and justice to abused and neglected children and their families.

We are excited to host this event for 19 of our member CACs as we celebrate our 10th anniversary.

Follow us: **facebook** @nyschildrensalliance **instagram** @nyscainc **twitter** @NYSCAinc
website: nyschildrensalliance.org #OneTooManyNY