

# DIY 5K Team Leader Quick Start Guide



## What is the DIY 5K?

The race is a “Do It Yourself” 5K run/walk done on your own time, at your own pace, and in your own place. As a team leader, you can approach it two different ways.

## Why Do the DIY 5K?

Blessings in a Backpack mobilizes communities, individuals, and resources to provide food on the weekends for elementary school children across America who might otherwise go hungry. Chicago Blessings currently feeds 6,000 kids each weekend, however, there are over 150,000 food-insecure kids throughout Chicagoland. Thank you for being a part of feeding hungry kids on the weekend!

## When is the 5K?

Saturday, November 2 to Sunday, November 10.

### Team Event

- Coordinate a local meet-up time for your team’s 5K
- Have fun being together as a group



### Individual Event

- Ask team members to complete 5K individually how they want
- Offers convenience for busy schedules





## How to Get Started?

- 1 Register
  - Sign Up as a Team Leader on the DIY 5K website
- 2 Organize (optional, if your team will meet together)
  - Identify meeting location such as a park, school, or neighborhood corner
  - Set date and time
  - Define route (right click on Google maps to measure if desired)
- 3 Recruit
  - Invite at least 10 people to join your team today. Here are some ideas to get your list started
    - Friends and family
    - Current or former colleagues and classmates
    - Neighbors
    - Your professional, volunteer, or religious network
    - Your professional and personal social media connections
- 4 Walk/Run
  - Enjoy the walk or run
- 5 Appreciate
  - Send a note of thanks to everyone who participated on your team

## How to Register?

[chicago.blessingsinabackpack.org/gva\\_event/diy5k](https://chicago.blessingsinabackpack.org/gva_event/diy5k)

\$25 for student (under 23)

\$50 for adult (23 and over)

\$130 for a family (up to five people in the same household)

2024 DIY 5K t-shirt included with registration

## Questions?

Contact Dan Summins, Managing Director – Chicago Chapter

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