

JBWS' 5k for Hope Toolkit



JBWS 5K for Hope

What is the 5k for Hope?

The 5k for Hope is held within the Verizon Corporate Classic 5k. While it's an excellent opportunity to test your fitness, it's not just about how fast you can run the race. Since JBWS is the beneficiary of this event, participating will help support our life saving programs. Are you up for the challenge?

What is JBWS?

JBWS offers safety, support, and solutions to those impacted by domestic abuse. We're there when a survivor calls our 24-Hour Helpline for the first time because they think their relationship is unhealthy. We're at the police department moments after an incidence of abuse is reported, offering survivors critical access to resources. When a survivor leaves their home in the middle of the night, we are there to welcome them into our residential facilities. When it's time to face their abusive partner in court, we are by their side offering legal advocacy as they pursue restraining orders.

However, we don't just respond to abuse, we work to prevent it through comprehensive abuse intervention and community education programs. Simply put, JBWS is always there for those impacted by domestic violence.

jbws.org

Event Details:

When: Thursday, July 17 at 7:30 pm

Where: Meet at the JBWS tents at Morristown High School, Atno Avenue Parking Lot, in Morristown, NJ 07960

How: Create a team, join a team or participate individually

Who: Participate in the 5k for Hope to support JBWS' life saving mission to end domestic abuse

What: 5K for Hope in partnership with the Verizon Corporate Classic 5K



Be A Team Leader!

Be the the person responsible for gathering a group of friends, family, or colleagues to participate in the 5k for Hope! The more people you can recruit, the more we will be able to raise for JBWS. Visit verizoncorporatclassic.com to register as a team. Then Set Up a Fundraising Page.

Set Up a Fundraising Page:

Fill out **this form** to set up your team's fundraising page after choosing a:

- ❖ Team Name
- ❖ Team Goal
- ❖ Team Photo or Team Logo





Form a Team:

Step 1: Identify your team captain and register a Corporate Team at verzoncorporateclassic.com. When creating your Corporate Team, you will designate a team name, team code and specify how Race Entry fees will be paid (i.e. paid by the Corporation, by the runners, or shared). Then Share your team link and team code for your runners to register and JOIN your team!

Step 2: Create a Fundraising page with JBWS through FirstGiving by utilizing this **form*** In order to complete the form, you will need your team name, fundraising goal, team photo, and a brief description of why you're participating. Pages should be set up no later than May 16, 2025. **If you're using a different corporate platform for fundraising, please us know by emailing mmccarthy@jbws.org*

Step 3: Share your fundraising page with your runners, colleagues, family, friends and community to hit that Fundraising GOAL!

Register as an Individual

If you don't want to be a Team leader but want to support JBWS' 5k for Hope, then you can still participate by registering as an individual!

Step 1: Visit verizoncorporateclassic.com

Step 2: Click Register Now, then Sign Up, and "Individual Registration"

Step 3: Provide the information needed to register

Step 4: Consider making a donation to JBWS before you finalize your registration

Step 5: Share the 5k for Hope on your social media platforms and with members of your community!



How To Fundraise:

If this is your first time leading a fundraising group, don't worry! We have some tips to help you encourage other runners/walkers to join your team and motivate sponsors to support your run!

Engage:



Share on Social Media:

Involve your friends, family, and community by posting about your team on all your social media channels



Share With Colleagues

Send an email to your coworkers and let them know about your involvement with JBWS' 5k for Hope

Join:



Join Your Team:

Ask your community to be part of your team and then encourage them to share information about the race with their community



Join As A Supporter

If someone cannot physically participate in the race, encourage them to share information about the race on their social media, sponsor your run, and stay engaged with the event

Sponsor:



By The Minute:

Ask your community to consider sponsoring your run/walk by the minute



By The Mile:

Ask your supporters to commit to sponsoring runners/walkers by the mile



The Whole Race:

Or you can ask your community to sponsor your entire race

Sample Social Media Posts:

Facebook/LinkedIn:

I'm participating in JBWS' 5k for Hope. Please consider joining my team or sponsoring my run to help people impacted by domestic violence in Morris County. I am *[running/walking]* because *[insert reason]*. Learn more: jbws.org/5k-for-hope

Instagram:

I am participating in JBWS' 5k for Hope. This event raises critical funds for ALL people impacted by domestic violence in Morris County. Please consider joining my team. If you don't like to run, please consider sponsoring my run. Learn more about the event here: jbws.org/5k-for-hope
#HalfMarathonforHope #JBWSPreventsDV

X:

I am helping people impacted by domestic violence by participating in JBWS' 5k for Hope. Please join my team or consider sponsoring my run to help support this incredible cause. Learn more: jbws.org/5k-for-hope

Sponsor Post:

I am sponsoring a runner in JBWS' 5k for Hope because *[insert reason]*. This event provides critical funding for people impacted by domestic violence in Morris County. Please join me in sponsoring a runner. Learn more: jbws.org/5k-for-hope