



Two-Lifestyles, Inc.
9th Annual 5K D*ASH WALK/RUN
Sexual Assault & Domestic Violence Awareness
Saturday, April 6, 2024 from 8:00 am-1:00 pm
1224 E. Avenue S, Palmdale, CA 93550
(661) 402-3076 Ext 112. www.twolifestyles.org



LEAD A TEAM OF WINNER'S

Form a team to...

- ... Honor or remember someone special who has experienced Domestic Violence or Sexual Assault
- ... Gather family and friends to help you spread the awareness
- ... Recruit co-workers for friendly, out-of-the-office competition.
- ... Raise funds for the women and children needing a *Safe Place to Heal*
- ... Bring classmates, Facebook friends and others together to

BONUS: Teams receive a \$5 discount from individual entry fees!

Team Entry Fees - \$20 Registration per individual before **March 22, 2020** then it's \$25

- * Please have team registrations turned in **by March 20, 2020** -this is very helpful.
- * Each team must have a Team Name and an assigned Team Lead
- * Team Members can register online
- * Team entry fees are per participant
- * To be considered a team there must be 5 or more participants registered under your team name
- * Team members can be any combination of runners, walkers and/or kids paid participant
- * Collecting pledges is optional and very appreciated!
- * **Costumes are optional but make it more fun!**

Team Awards - You are encouraged to **raise the most funds or bring the most registered participants**. Make sure your team stand out, so have fun and be creative while supporting a great cause. In the spirit of friendly competition, Team Awards will be given in the 3 categories:

Team with Most Participants - This will be based on how many members are registered and paid by **Saturday, March 22, 2024**

Most Team Spirit - This will be awarded based on costumes, team name, props, enthusiasm, etc.

Team Photos on Race Morning - Commemorate your team's accomplishments and support
... Smile and Say Cheese!! Team photos will be taken throughout the event.

Team Questions - Email us with any questions regarding teams: registration@twolifestyles.org or call 661-402-3076

Team Lead Roles and Responsibilities

- Establish a team name
- Recruit, organize, and build your team... communicate how to register online or paper registration form.
- Remind potential team members registering via paper registration form to include your team name and your name as the team captain when registering.
- Ensure a minimum of 5 individuals have registered under your team name (this number includes you as the Team Lead
- Communicate reminders about the D*ASH WALK

GET CREATIVE AND HAVE FUN!