

include nyc 5K

for Love, Equity and Access

Thank you for signing up for our annual 5K! We're thrilled to have you join us.

You can make an even bigger impact by launching your own fundraising page! Every dollar you raise will help us achieve our goal for this event, and provide direct support for our programs serving families and youth with disabilities throughout NYC.

We know that fundraising can feel intimidating: but this makes it easy, and gratifying! Set a personal goal and you'll get excited to see your friends and peers offer their support for a good cause. Start or join a team and get everyone involved in making a difference!

Follow these simple steps and you're off and running, walking, or rolling to a big impact!

THANK YOU.



Creating a Fundraising Page

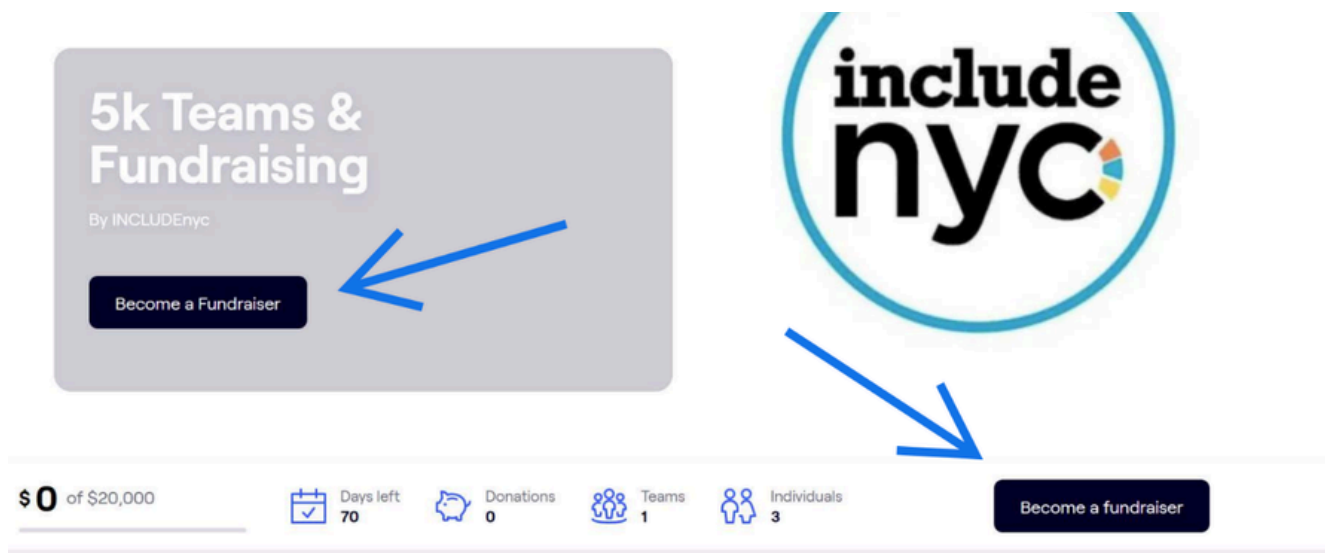
Here is how to get started:

STEP 1:

<https://fundraising.idonate.com/includenyc/2026includenyc5k>

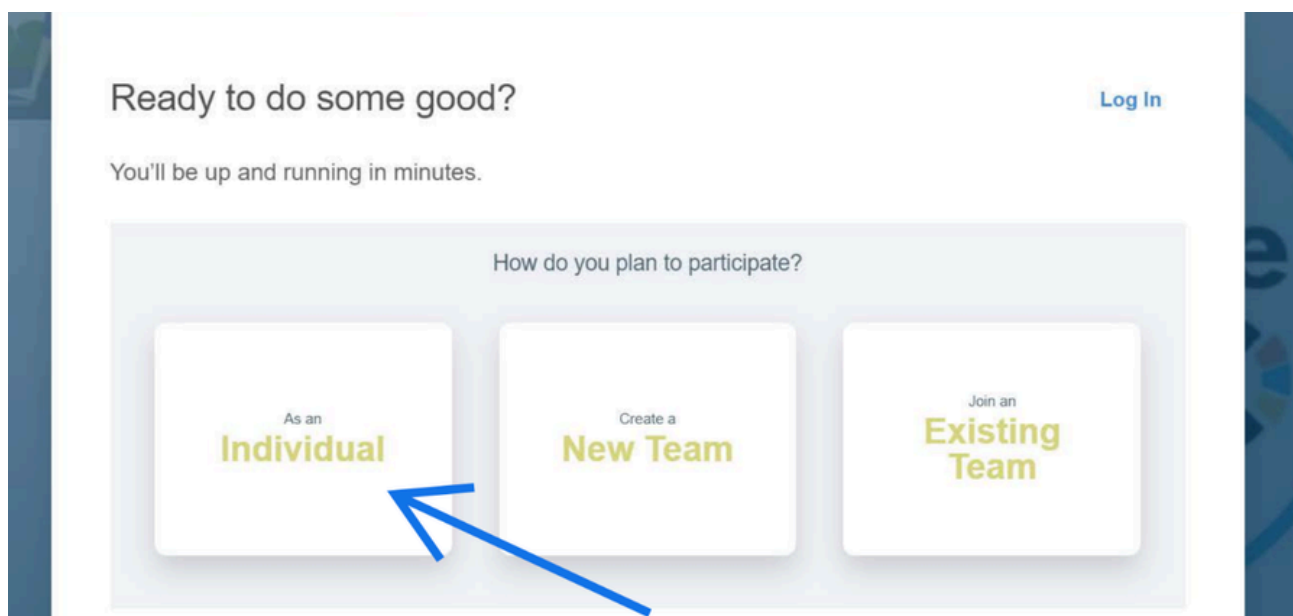
STEP 2:

Click “Become a Fundraiser”



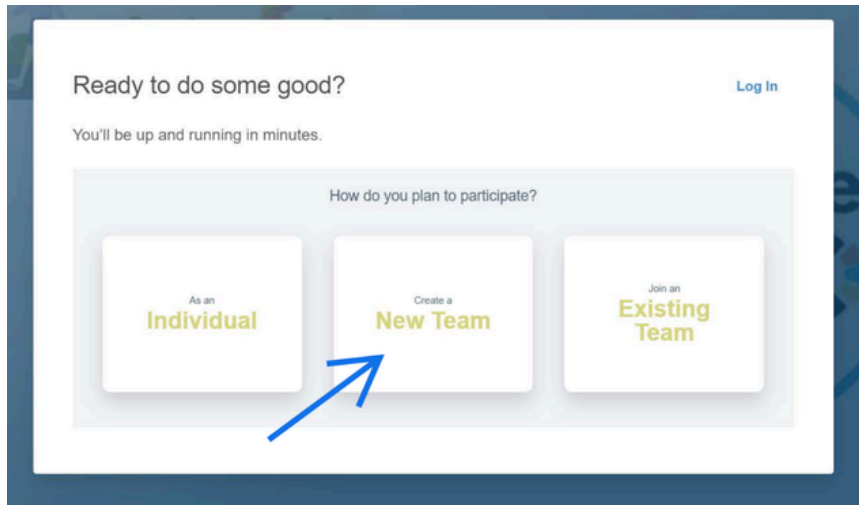
STEP 3:

Select *As An Individual* if you wish to raise funds independently



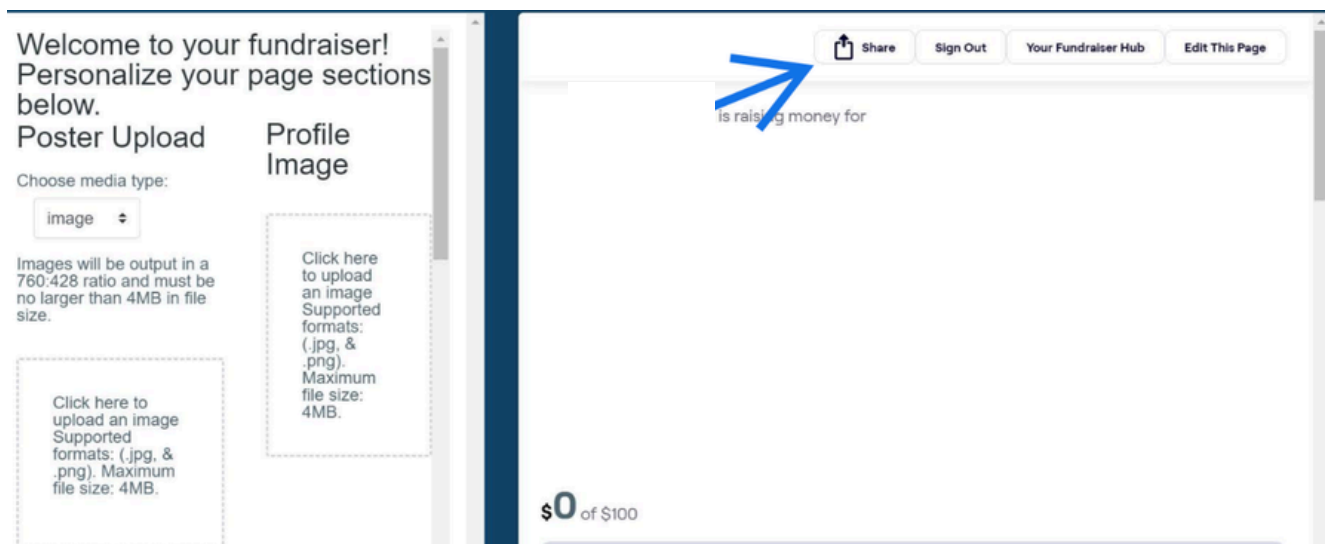
Creating a Fundraising Page

Select Create A New Team if you wish to start a fundraising team (If you are joining an existing team, skip down to the Join A Team Section)



STEP 4:

Share your Fundraising Page with your friends, family, and coworkers via email, text, and social.



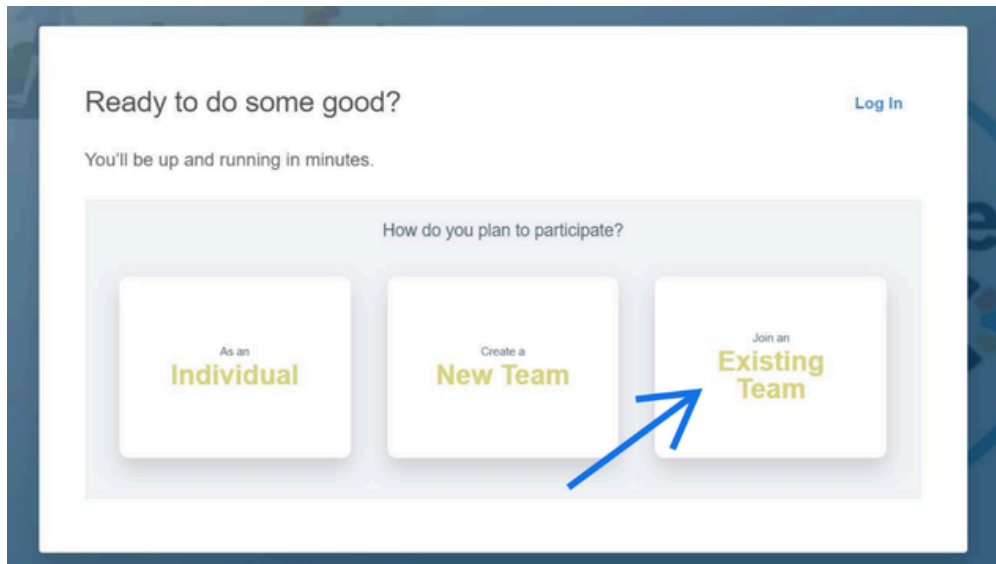
STEP 5:

Enjoy INCLUDenyc's 5k, knowing that you are making a huge impact. You will receive an email every time someone makes a donation to your page!

Joining a Team

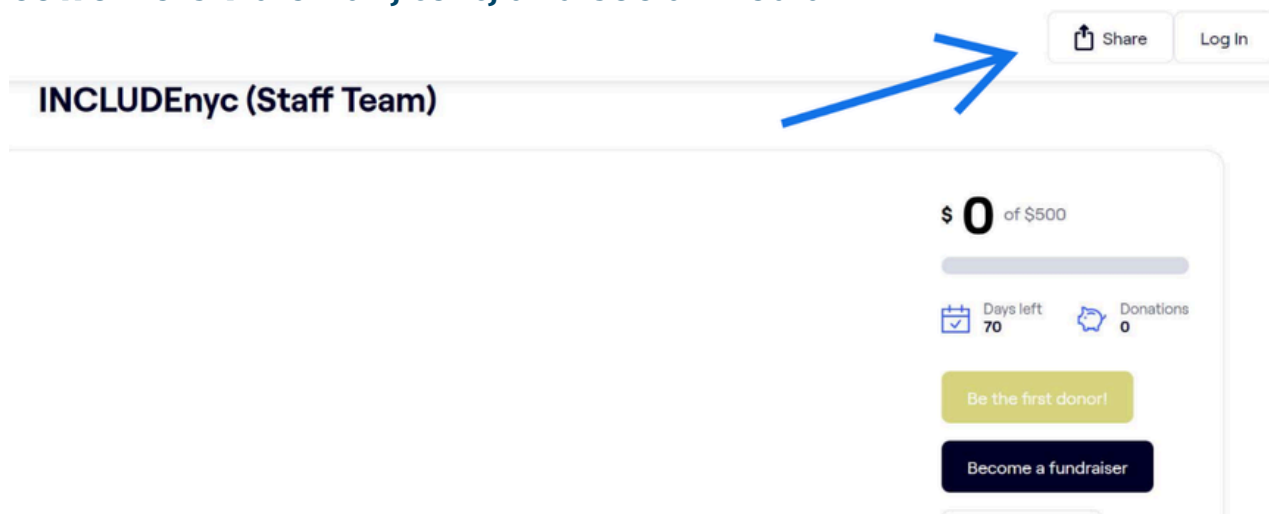
STEP 1:

Select Join A Team. Then, use the drop-down menu to select the team you wish to join.



STEP 2:

Share your Team's Fundraising Page with your friends, family, and coworkers via email, text, and social media.



STEP 3:

Enjoy INCLUDEnyc's 5k, knowing that you and your team are making a huge impact. You will receive an email every time someone makes a donation to your team's page!

Ways to Get Involved: Follow INCLUDEnyc on Social Media!

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Follow INCLUDEnyc on social media! Find us on Facebook,

Instagram, and LinkedIn @INCLUDEnyc

Like, comment, share, and tag your friends on our posts.

Tips for the 5K:

Optional: Make your social media page public on the day of the event. This way INCLUDEnyc can share and repost your content on our page!

Tag INCLUDEnyc

If you are taking a video, make sure to hold your camera vertically for the best capture.

THANK YOU!

We are excited to partner with you in this great event! Your support is vital to helping INCLUDEnyc achieve its mission of serving youth with any disability, their families, and professionals across New York City.

We thank you for your participation and interest.

