

5TH ANNUAL



TREAT YOURSELF

FUN RUN & WALK



APRIL 25, 2020
Seward Park, Seattle

Join us for the fifth annual **Treat Yourself Fun Run & Walk** on Saturday, April 25, 2020 at Seward Park. This fundraiser includes various avenues for you to treat yourself — a healthy activity of a 5K run or walk, complimentary treats to indulge in afterwards, time with family and friends, and a great way to raise funds for Providence ElderPlace and Providence Heritage House at the Market.



BENEFICIARIES:

This annual event is a fundraiser that **ONLY** benefits **Providence ElderPlace (PEP)** and **Providence Heritage House at the Market (PHHM)**, who together serve over 1,400 people a day in need of comprehensive health care, assisted living, skilled nursing and social services.



FEATURES THIS YEAR:

- Same location, course, and price of \$35
- Fundraising team competitions with prizes
- This year's 5K will be a fun run and not officially timed
- All runner and walker participants will receive a long sleeve t-shirt
- Kids 1K participants will receive a participant medallion and post race treats (sorry, shirt not included)



RACE DAY SCHEDULE:

9:00 am — Registration & Shirt Pick-Up
10:00 am — 5K Run/Walk Starts
11:00 am — Kids 1K Fun Run Starts
10:45 am — Post Run Celebration & Awards
12:30 pm — Close



POST RUN CELEBRATION:

After the fun run & walk, all participants are invited to visit the sponsor and treat booths for complimentary treats; kids can get their faces painted or a tattoo, and awards will be presented to the top woman and man finisher as well as prizes for fundraising teams.

<https://providencewa.ejoinme.org/2020TreatYourself>



WAYS TO PARTICIPATE

RUN OR WALK!

Grab a friend and sign up to run or walk! Registration is \$35 and includes a long sleeve t-shirt and complimentary "treats." Kids, strollers, and dogs are welcome on the course. Don't forget, Providence employees can earn points towards their health incentive. A FREE kids 1K Fun Run follows the 5K starting at 11:00 A.M.

Register at: <https://providencewa.ejoinme.org/2020TreatYourself>



VOLUNTEER!

There are many volunteer opportunities available including registration, cashier, and course spotters. If you are interested in volunteering at the event, please sign up [online](#) or contact Pam Gargett at 206-938-4925 or pamela.gargett@providence.org.

FORM A FUNDRAISING TEAM*

Participating as a team gives you and your team members an opportunity to build and strengthen your relationships, engage in the community, and support a good cause together! You'll have an opportunity to raise money and win prizes together. For more information on how to register a team please visit the link below or contact Pam Gargett.

Create a fundraising team: <https://providencewa.ejoinme.org/2020CreateATeam>

Contact: Pam Gargett, 206-938-4925, pamela.gargett@providence.org

**See "Team Captain Information" on the next page for more details on forming teams.*

HELP PROMOTE THE EVENT OR MAKE A DONATION!

 Please like us on Facebook and share our page and event with your network!
www.facebook.com/treatyourself5k

Making a donation is simple! You can donate from the registration site, team fundraising page or mail a check payable to PHCC Special Events, c/o Pam Gargett, 4831 35th Ave SW, Seattle, WA 98126. PHCC is a Non-Profit 501(C)(3), Tax ID# 51-0216586.





TEAM CAPTAIN INFO

ABOUT TEAM CAPTAINS

- **Fundraising Team Captains** are volunteers that help make the race a success by fundraising for the cause. They create a fundraising team webpage and ask supporters to donate through their website.
- Forming a fundraising team increases the fun factor and is a great way to win prizes!

TIPS AND LANGUAGE TO USE WHEN RECRUITING TEAM MEMBERS:

- It's for a great cause!
- This fundraiser only supports these two important ministries.
- Win prizes for amount of/highest fundraising, largest team and more.
- It's a great team building activity.
- You can participate on a fundraising team without participating at the Fun Run & Walk

HOW TO GET STARTED:

Visit the Treat Yourself Website then click on the "create a team" link. Follow directions for creating a "join me" account and then follow directions for creating your website. Please note, once a team name has been created it cannot be modified!

CAN I BE A TEAM OF ONE?

Yes! You can create a website and fundraise as a team of one! Just follow the directions above.

WHERE DO I SIGN-UP?

<https://providencewa.ejoinme.org/2020TreatYourself>

QUESTIONS?

Please contact Pam Gargett, Event Manager, 206-938-4925, pamela.gargett@providence.org

Checks payable to PHCC Special Events can be mailed to:

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c/o pam gargett
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Seattle, WA 98126

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