

RACE AWAY

From Domestic Violence



5K Run/Walk/Wheelchair Roll

Saturday, August 15, 2009

IU Michael A Carroll Stadium

(On the campus of IUPUI)

902 W. New York Street

Indianapolis, IN

Team and Pledge Information

Deadline for Team Registration

August 10, 2009



Domestic Violence at a Glance

The Indiana Coalition Against Domestic Violence (ICADV) is a not-for-profit organization whose mission is to eliminate domestic violence.

Our primary focus is to provide public awareness and education. We promote quality statewide comprehensive domestic violence services, house an extensive resource library, operate a statewide 24-hour toll-free crisis line and provide legal assistance to low-income victims of domestic violence.

We work closely with many statewide partners who share our vision and are committed to the elimination of domestic violence. Domestic violence is the use of power and control within an intimate relationship that threatens a person's well-being.

It includes a pattern of coercive behaviors used to control an intimate partner. It includes emotional, sexual, physical, verbal and financial abuse. Domestic violence occurs in all socio-economic, racial, ethnic and religious groups. It can happen to anyone; it can happen to your friends and co-workers; it can happen to you.

For help, call 800-332-7385 toll-free 24 hours a day.

What is

RACE AWAY
From Domestic Violence



A 5K (3.1 miles) event where you may run, walk or participate in the wheelchair roll. You may choose the competitive or family fitness options.

Proceeds benefit Indiana Coalition *Against* Domestic Violence.

When and Where is it?

The sixth annual Race Away From Domestic Violence will be held on Saturday, August 15, 2009.

An award will be given to the team with the most members.

Early Bird Team Packet Pick-Up 10 a.m. to 3:30 p.m.

Team Captain or a team representative may pick up box for all team members

Thursday, August 13 or Friday, August 14 at:
Indiana Coalition Against Domestic Violence
1915 West 18th Street, Ste. B. Indianapolis, IN 46202

Race Day, Saturday, August 15, 2009 6:45 a.m. to 8:00 a.m.

The IU Michael A Carroll Stadium on the campus of IUPUI.
902 West New York Street, Indianapolis, IN

Registration & Packet Pick-Up 7 to 8:15 a.m.

Fitness & Awareness Fair 7:30 a.m.

Hot Air Balloons 7:30-7:45 a.m.

Opening Ceremony 7:40 to 7:50 a.m.

Start of 5K Race 8 a.m.

Kids Race 9:10 a.m.

Awards Ceremony 9:20 a.m.

Deadline for Team Registration is Aug.12, 2009.

A minimum of **four** members is required in order to be designated as a team.

All entry fees are due and paid when submitting a team form. You may include one check or credit card for all team members or individual checks/credit cards.

You may go online to form a team or register on a team at. . .

www.violenceresource.org/rafdvregis.htm

Team Captain: How do YOU recruit team members?

- ☞ Publicize, publicize, publicize. Use all available resources at your disposal to get the word out about Race Away From Domestic Violence (e.g., newsletters, signs in public areas, emails, phone calls, etc.).
- ☞ When appropriate, announce the event at meetings you attend – at work, church or temple, community organizations, or social events. Take every opportunity that presents itself.
- ☞ Ask a representative of ICADV to speak at your organization to explain the mission of the event and the impact it can have on people in our community.
- ☞ Organize a “Team Recruitment Committee” if you work for or are a member of a large organization. The more help you have recruiting other members for your team, the easier it will be!
- ☞ Organize departments at your workplace into separate teams and encourage some friendly competition!
- ☞ Hold a rally or a team “kick-off” event.
- ☞ Design team t-shirts or banners with your team name and a logo.
- ☞ Try to have your workplace leadership, minister, or community organization leader endorse your team’s participation.
- ☞ Ask friends and family to recruit members.
- ☞ Hold a **domestic violence awareness day** and encourage people to participate on your team.
- ☞ JUST ASK!! Often people want to get involved, but are too shy to get the ball rolling.
- ☞ Meet race day for a team photo.
- ☞ All team members will need to be registered with ICADV Race Away from Domestic Violence to receive full participant benefits (t-shirt, refreshments, give-a-ways, etc.). An official team registration form is included with this packet.
- ☞ Remember: the success of Race Away from Domestic Violence depends on the active participation of all team captains and team members. People are counting on us!

Why Form a Team?

Participating on a *Race Away From Domestic Violence* team is an opportunity for you to join with others to make a difference in the lives of people living with and affected by domestic violence in our community.

What is a Team?

A minimum of four members is required to qualify as a team. The team is a group of people officially registered and led by a team captain. Together the team raises awareness of the impact of domestic violence in our community by recruiting others to support their team and participating in the event together.

Each team member chooses how they will participate in the event (i.e., some may wish to register for the 10K while others may choose the 5K) thus satisfying each members desire to participate at his/her ability.

If you have fewer than four team members, each application will be processed as an individual participant and not as a Team.

Is there a Team Registration Fee?

Yes, there is a \$20 registration fee per team member to participate which includes a short sleeve commemorative t-shirt.

NOTE: TEAM REGISTRATION DEADLINE IS AUGUST 10, 2009

What do I need to do to form a Race Away From Domestic Violence team?

- 1) Recruit** – Sign up your team members on the official team registration form included with this packet. Feel free to make as many additional copies of the form as needed.
- 2) Reach Out** – Publicize the event at your work place, community groups, church or temple, and to friends and family. Get the word out through any means that fits your style—flyers, signs, phone calls, or face-to-face conversation. Everyone you have contact with in your day-to-day life may be able to help in some way.
- 3) Rally** – Keep your team excited about participating in the event and reinforce how important the work they are doing is to people living with domestic violence. Stay in touch via meetings, email, set up your own small team website, or voice mail.
- 4) Pledges** – Encourage each team member to collect pledges. Awards will be given to the three participants who collect the most pledges. Pledge forms can be downloaded from ICADV website – www.violenceresource.org.
- 5) Information** – For more information about forming a team or collecting pledges contact the ICADV office 317.917.3685.