



# **STEP FORWARD FOR KIDS 5K RUN/WALK**



## **Run/Walk INFO**

### **Who is Family Central?**

Family Central is a nonprofit organization whose programs provide comprehensive services that focus on education, nutrition, training, social services, early intervention and parental involvement. Our vision is to deliver services so extraordinary that every child and family succeeds. Our mission is to promote children's success by providing quality family support and educational services.

### **What is the Run/Walk for?**

Step Forward for Kids is our annual 5K Run/Walk to help fund our programs. Since we have opened our doors back in 1971, Family Central has served over 1 million families in the tri-county area (Miami-Dade, Broward and Palm Beach Counties). In addition to providing early learning funding and services to over 60,000 children this year, Family Central also served over 10 million meals. In spite of this wonderful work the entire Family Central team has accomplished, the majority of our services are not fully funded by grants. Our annual Run/Walk brings the community together and raises awareness for the need to support these programs.

### **Why should I participate?**

Did you know that in the US, 20% of households—nearly 40 million Americans, including 15.9 million children—struggle to put food on the table and yet we are considered one of the top wealthiest nations in the world?

When families cannot afford proper childcare for their children; it has devastating consequences. These children will likely have worse educational and employment outcomes, sometimes perpetuating the vicious cycle of poverty to their own children. This in turn contributes to the long-term economic turmoil our entire communities are suffering from. We are all affected, one way or another. Help us give them a fighting chance!

### **How should I participate?**

You can participate by joining a team as an individual or organizing a team of coworkers, friends, family, neighbors, clients, etc., to raise money and participate in the event. Your company can also become a corporate sponsor. To register, please visit <http://www.familycentral.org/> and register individually or if you are part of a group, you can

find them by their name. If you are part of a group, you will get credit both for your individual pledge and the overall group achievements

**What if I want to help fundraise but I cannot Run/Walk?**

You can visit us online at <http://www.familycentral.org/> and make your pledge. Follow the menu bar to find the individual or group you would like to support.

**Where can I find more information?**

To sign up, you can visit <http://www.familycentral.org/> and follow the step-by-step instructions to start a team, join a team or join as an individual. Once you have registered, the site will guide you to all the necessary tools to start your fundraising efforts.

**What time should I get there on the day of the Run/Walk?**

Registration will start at 7:00 AM and the Run/Walk will start at 8:00AM.

**How long is the route?**

Participants will be asked to Run/Walk the route twice to complete the 5 kilometer Run/Walk for Kids. Note that this is a USATF certified 5K Run/Walk. The start and finish will be at the Student Services Center, Building 19 Broward College, Davie Campus, 3501 Davie Rd, Davie, FL 33314 - Davie, FL, US. Attributes: Loop, mostly flat, roads. Most people will complete the route within one hour.

**Do I leave when I finish the Run/Walk?**

After the runners/walkers complete the route, there will be an opportunity to enjoy breakfast and music. Prizes will be awarded to the Top 3 overall finishers (Male/Female) and top 3 finishers by age group. You may also enjoy other fun family activities we have planned for you until 11 am.

**How will my money be used?**

Since its founding in 1971, Family Central has been a dynamic partner and leader in South Florida's early learning community, touching the lives of more than a million children, families and child care providers. It is our mission to promote children's success by providing quality family support and educational services. Your donations and support will help us continue the work we have started this year in preparing children to be ready for kindergarten! Family Central's impact is seen in the education of children birth to five; the mentoring of parents to be their child's first teacher; the many parenting programs that serve at-risk families; the 8 million meals served to children in child care facilities; and the continuing education provided to teachers and directors to provide quality education. Invest in our youngest children so they can be our strongest citizens of tomorrow.

**May I bring my dog to the Run/Walk?**

Broward College does not allow dogs or other animal on campus, unless it is a service animal.

**May I bring my bike, skateboard or scooter?**

You may ride to the campus, but for safety reasons, Broward College does not allow bicycles, skateboards or scooters on campus once you get there. You may park your bicycle at the designated bicycle racks.

**Will my baby be allowed to stay in the stroller?**

Yes, your baby can enjoy the scenic campus from the stroller.

**What should I bring?**

There will be water stations along the way and a light breakfast will be served free of charge. Feel free to bring your own food and drink if you'd like. Alcoholic beverages are not allowed on campus. You should consider bringing sun screen, a hat and have an umbrella and jacket within reach in case it rains or gets cold.

**What if I get hurt?**

Your safety is a number one concern for us and we will ensure that proper measures are in place before you get to the event. There will be nurses and EMT personnel present if someone should need their assistance. Broward College Security will also be there along with the Davie Police.