



## Virtual 5K - For SFS Teams

Register your team at [www.springforsids.org](http://www.springforsids.org). Or if you have already registered, update your team page for 2020.

### Directions for SFS Team Captains

1. Email your friends and family and tell them that you have a *Spring-for-SIDS* team to help raise funds for research into sudden infant death. Explain to them your reasons for wanting to help and give them your team name. (Also post on Facebook and other social media sites.)
2. Provide them with the link to your team page.
3. Let them know that you are putting together a virtual 5K walk/run team. And that they can register to participate on your team page by donating \$31.
4. Each time a person donates/registers you will get an email with the details, including the person's name and email.
5. Runners/walkers should keep track of their own miles (ie. 5k = 3.1 miles) and will let the team captain know when they have completed the 5K. Participants will have until July 31, 2020 to complete the virtual 5K and it can be done on separate days as long as it equals at least 5 kilometers (3.1 miles).
6. Team captains will be provided with *Spring-for-SIDS* 5K ribbons to pass on to their team members.
7. Encourage your participants to provide you with pictures that you can post on your team page.
8. After July 31, all 5K participants will be listed on the SFS site at [www.springforsids.org](http://www.springforsids.org)

Have Fun!

Spring-for-SIDS is a national campaign to raise awareness about sudden infant death and to raise funds for research. Founded in 1983, the American SIDS Institute, a national nonprofit health care organization, is dedicated to the prevention of sudden infant death and the promotion of infant health through an aggressive, comprehensive nationwide program of:

- Research about both the cause of sudden infant death and methods of prevention.
- Education about risk-reduction for the public and medical community.
- Family Support by providing answers to parents' questions in a straightforward and sensitive manner.