

Join us July 4, 2020

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Virtual 5K

*running on  
kindness*

## **Autism Speaks Virtual 5K**

**Hosted by Autism Speaks**

**July 4, 2020 at 9:00 A.M. –  
July 5, 2020 at 12:00 A.M.**

Join us by running or walking a 5K on July 4, wherever you are, to show your support for people with autism. Your fundraising efforts will empower our work to promote solutions for the needs of people with autism and their families – including those in urgent need of resources right now – and fuel our continued commitment to create a kinder, more inclusive world for people with autism.

**Online Event: <http://www.autismspeaks5k.org/>**

### **Use this link to:**

- Register to run as an individual, form a team, join a team or donate if running isn't for you!
- Once registered, you will receive an event t-shirt, medal and a special link to watch your virtual opening ceremony.
- Share your fundraising page with your network and raise funds to help meet your personal fundraising goal.

Whether around your neighborhood, on a treadmill or in your local park (maintaining safe social distancing recommendations in your region), we look forward to seeing our community come together to support the autism community.