

5K Run, Walk 'n' Roll **2023 Pledge Kit**

Thank you for stepping up and joining Women of the ELCA as we continue our effort to run, walk and roll the emotional, spiritual, and physical dis-ease of heart health out of the lives of women and girls.

You have done the hard part—saying yes to participating. The rest is easy! Just imagine the hundreds of other bold women and men collecting pledges and joining you in this effort.

After reading through this kit, you will be even more prepared to ask others to join you in reaching your fundraising goal. Remember people are always looking for a way to make a difference in the human condition. And will be eager to support you.

Do you know 10 people? Of course you do!

It's been six years since our last 5K. Our goal is to exceed the \$50,000 collected in 2017. It's doable. Here's how:

- Imagine at least 20 people you can ask for a \$10 (or more) sponsorship. Can you do more?
- Now, imagine the hundreds others participating in raising funds doing the same.
- Can you imagine each gathering participant contributing a \$10 (or more) sponsorship?
- What a blessing it would be if the thousands of women active in Women of the ELCA units asked at least 10 people for a \$10 (or more) sponsorship.
- Think even bigger! What if the thousands of women in the ELCA would join in this effort by asking at least 10 people for a \$10 sponsorship?
- Even bigger still? It's possible!

The bottom line is that heart health issues include physical, emotional and spiritual dis-ease that are killing women and setting girls on the same path. And the growing reality is that we are all directly affected by these killers; women suffer in silence through the other health issues and complications that result from not attending wholistically to heart health. The good news is that we can do something about it! We are making a difference one woman, one girl at a time.

Welcome aboard!

5K Run, Walk 'n' Roll **Preparing for your 2023 Pledges**

Everything you need to begin collecting pledges is right here!

First things first ...

The 5K Run, Walk and Roll – is a fundraiser to support the work of Women of the ELCA's health initiative, Raising Up Healthy Women and Girls. God speaks poetically and deeply about our hearts, describing our hearts as being able to see, hear and feel. The work of our initiative continues to keep us focused on the heart of the emotional, spiritual and physical wellbeing of women and girls.

Love has fascinated researchers for decades and is described as a powerful, complex emotional experience that involves changes in body chemistry, brain chemicals and emotional and social reactions. We know that God is love and that affects who we are emotionally, spiritually and physically.

Next ...

Think about all the women and girls you know who are affected by heart dis-ease among your family members, church family, friends, community, coworkers, social media and so forth. Your list can serve as your prayer focus for your preparation journey and the continued work of the health initiative supported the 5K Run, Walk and Roll.

Now ...

Make a list of potential donors. Family and friends, you have supported in fundraisers are a good place to start. Add people you know who have been challenged emotionally, spiritually, and physically by heart dis-ease by the pandemic and their caretakers. This would be an easy way for them to participate. Where else can you make additional contacts?

Your next action ...

Prayerfully set your fundraising goal. Consider your own contribution first. Then, remembering the vision, pray regularly for your own efforts and the participants in the 5K Run, Walk and Roll. The timeline gives a brief report of the past and current work of the initiative. Now you're ready to complete your commitment form.

Finally ...

1. Make sure all checks are payable to Women of the ELCA with **your name** on the memo line: "2023 5K- Jane Healthy." Send a personal/cashier's check or money order for checks that are payable to you or cash received.
2. Mail to: **Women of the ELCA • Attn: 5K Run, Walk and Roll • 8765 W Higgins Rd • Chicago IL 60631-4101.**
Note: If you are participating in-person you can bring checks payable to Women of the ELCA, cash and forms with you.

Thank you for your commitment to **Raising Up Healthy Women and Girls!**

5K Run, Walk 'n' Roll **Preparing You!**

The Raising Up Healthy Women and Girls 5K Run, Walk 'n' Roll will not only give others the opportunity to support the health initiative, it will be our public witness to the Phoenix downtown community and city. The downtown course is a quick walk from the Hyatt and Sheraton hotels. Participants who are not walking, running or rolling are encouraged to register, raise funds and join in the early morning activities.

Although there is no way to predict the actual weather for September 23, because of the unusually hot summer we can be pretty sure that we won't encounter a cold front that day. However, the average temperature at the 6am 5K start is expected to be about 85° and close to 90° by 8am. There will be plenty of water stations and other cautionary protections for participants. Remember, this is not a race.

The 5K (3.1 miles) can be a breeze or a challenge depending on how well you prepare yourself.

Starting two weeks before the gathering (September 9)

1. Drink eight 8-ounce glasses of water a day.
2. Do stretching exercises twice a week.
3. Walk (run or roll) until you can complete 3.1 miles comfortably. A pedometer will help.
4. Walk (run) in the shoes you intend to wear on the day of the event. Do not wear brand new or open-toed shoes or sandals.

One week before (September 16)

1. Begin waking at 4:30 a.m. to avoid a sluggish start and stress.
2. Pray for the event and those named on your pledge list.
3. Reflect on the impact of your involvement.

On site

1. Visit the 5K Run, Walk and Roll booth at registration in the convention center to receive on-site instructions, a map, sign a waiver and drop off any remaining pledge forms and donations.
2. At the 5K site you will sign the waiver and participate in a brief welcome session and prayer.

Two weeks after (October 7)

All remaining donation checks (be sure the checks are payable to Women of the ELCA) and your personal/cashier's check or money order for cash collected (also payable to Women of the ELCA), along with pledge forms are mailed to:

Women of the ELCA • Attn: 5K Run, Walk and Roll • 8765 W Higgins Rd • Chicago IL 60631-4101

Please do not send cash.

5K Run, Walk 'n' Roll **2023 Pledge and Collection Form**

Pledge form for _____ My fundraising goal: _____
(Name of participant)

Thank you for supporting Women of the ELCA's health initiative, "Raising Up Healthy Women and Girls." Through this initiative, we commit to raising up healthy women and girls by:

- ⚙ **Educating** women to care for themselves physically, spiritually, and emotionally.
- ⚙ **Sharing the wealth** of information to help prevent women and girls from continuing today's health risks tomorrow.
- ⚙ **Advocating** for more awareness in practicing healthy emotional, spiritual, and physical wellbeing our lifetime.

Your contribution will help in making a difference in the lives of thousands of women and girls. Again, thank you!

SPONSOR'S NAME AND CONTACT INFORMATION	AMOUNT PLEDGED	AMOUNT COLLECTED	AMOUNT PAID	CASH=CSH CHECK=CK	TOTAL
Name					
Contact information					
Name					
Contact information					
Name					
Contact information					
Name					
Contact information					
Name					
Contact information					
Name					
Contact information					
Name					
Contact information					
Name					
Contact information					
Name					
Contact information					
TOTAL					

5K Run, Walk 'n' Roll **2023 Commitment Form**

Name (please print)

Address

City/State/ZIP

Daytime/mobile phone

E-mail address

Name of Congregation

City/State/ZIP

Yes, I am participating in the 5K **running**, **walking**, or **rolling** **in-person** or **virtually** and collecting pledges) on September 23, 2023 in Minneapolis. (check all that apply)

Yes, I am registered for the triennial gathering. My confirmation # is _____

My T-shirt size is: S M L XL 2XL 3XL ____ (check one or check and write in size)

This is my: 1st 2nd 3rd 4th 5th 6th 5K Run, Walk 'n' Roll (check one)

I am collecting pledges for: _____
Name of participant and Gathering Confirmation #

Please select a runner for me. I will gather pledges for her or him.

My fundraising goal is \$ _____ My personal pledge is \$ _____

Your signature

Date

E-mail completed form to:

valora.starr@elca.org

Health Initiative, **2004-2023 Timeline**

2004 The Women of the ELCA executive board endorsed the launch of the health initiative, Raising Up Healthy Women and Girls, to engage all women and girls of the Evangelical Lutheran Church in America in making and fostering emotionally, spiritually, and physically healthy choices and to address together some of the harsh realities women face around heart disease and stroke.

2005 – 2007 The first Run, Walk and Roll, the primary fundraiser for the initiative, was held in San Antonio and exceeded its goal of raising \$10,000 by collecting more than \$20,000. *Journey to Wellness*, a program resource to assist women in talking about health and health issues, was produced. *Lutheran Woman Today* magazine introduced a health column by Molly Ginty. *Living from the Heart of God: A Journal for Life's Stages* was produced.

2008 – 2011 Women of the ELCA, acted on the third goal of the initiative, signed on to support the HEART for Women Act (S.573/H.R.1014), which passed September 25, 2008. At the time, Women of the ELCA was the only religious organization to support this bill. The second Run, Walk and Roll was held in Salt Lake City and the third in Spokane at the 8th Triennial Gathering collected pledges totaling \$50,000.

2012 – 2014 The Raising Up Healthy Women and Girls Seed Grant program was introduced to increase the capacity of the initiative to affect the lives of women and girls in local congregations and communities. Seed grants were awarded to Women of the ELCA units to continue work they had begun in raising awareness, educating, and promoting wellness among women and girls. Women of the ELCA published program resources addressing emotional, spiritual, and physical health. The fourth Run, Walk and Roll was held in Charlotte at the 9th Triennial Gathering.

2015 – 2017 Women of the ELCA created A World of Healthy Women, Healthy Girls global seed grant and Good Soil seed grant. These grants are awarded to Women of the ELCA's global and domestic partner women's organizations to increase their capacity to affect the lives of women and girls in their local programs, congregations, communities, organizations and agencies. The first grants were awarded to the Evangelical Lutheran Church in Liberia women's organization and local women's ministries during a Women Building Global Community travel seminar to Liberia. *Planting Seeds for a Healthy Tomorrow Sharing What Works*, a "how-to" program resource containing descriptions of the first seed grant programs funded was published. The fifth Run, Walk and Roll was held in Minneapolis at the 10th Triennial Gathering.

2017 – 2023 The second and third cycles of A World of Healthy Women, Healthy Girls global seed grants were awarded to the Evangelical Lutheran Church in Tanzania Women (churchwide women's organization) along with other local and regional women's ministries. The awards were made during the Women Building Global Community travel seminar to Tanzania to the women's ministry of The Evangelical Lutheran Church in Jordan and the Holy Land. The fourth and fifth cycles of Good Soil seed grants were awarded to the African Girls Scholarship and Mentoring Programs in Tanzania and Cameroon to support girls in building self-esteem by supporting them in completing their education through high school and the De la Mano con Jesús (Hand in Hand with Jesus) in Mexico, a border ministry supporting migrant women emotionally, spiritually, and physically as they make daily life changing decisions. And a seed to support a respite retreat for clergy women in Lutheran Campus Ministry from 10 different synods was made, providing emotional and spiritual support to students isolated on campuses during the height of the COVID-19 pandemic.