

WHAT

is the Arcadia 5KFOR50K ?

The Arcadia 5KFOR50K is a series of five 5km events aiming to raise €50,000 for local charities. The events are virtual – you, & all the family, can run, walk or cycle.

The fantastic local charities are based in the 5 counties of Westmeath (1), Longford (2), Roscommon (3), Galway (4) and Offaly (5).

WHY?

Local charities' fundraising has been devastated by the Covid-19 crisis. Usual activities such as family runs, cake sales, and other fundraising activities have all stopped, while, in many cases, demand for services has increased.

Our local charities do vital work in our communities, their staff and volunteers are stretched and they don't have access to national media campaigns. The Arcadia 5KFOR50K series aims to raise funds to help.

WHERE

will it be held?

Nowhere and everywhere! As this is a virtual event – no physical event will take place. However people can take part from Mullingar to Mumbai, from Ballinasloe to Bali, or from Longford to London Town.

The series will run each weekend for 5 weekends we will have 5 virtual 'stages'. The 5KFOR50K series starts 'in Westmeath' (on 17th/18th July). The two focus charities for Westmeath Stage 1 are St Hilda's, Athlone and Good2Talk, Mullingar.

HOW

can I support?

Simply get out, have fun, and run walk or cycle 5km! You can do one weekend (stage) or you can take part in the whole series!

There are no race entry fees. To support the charities simply donate at gofundme.com/f/arcadia-5kfor50k. 100% of all funds raised will go to charity. A €10 donation gives €1 to each local charity. And when we hit €50,000, Arcadia, as sponsors, will add €10,000 to the pot.

You can follow our facebook page (facebook.com/arcadiaathlone) for 5KFOR50K event updates. Sports clubs, running clubs and other organisations can also take part and enter their race times online. There will be raffle prizes and spot prizes for supporters as well.

Finally, please help us to spread the word! Please tell your families and friends about the Arcadia 5KFOR50K event and help us raise €50,000 to support local charities through this challenging time.



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