



WAYS TO GET INVOLVED

Visit our website www.FairfaxRunForTheChildren.com and click **How to Help**.

REGISTER A TEAM TO RUN OR WALK

It's easy! Just go to our website and click **Register Now**.

CREATE A TEAM

- Get friends, classmates, and family members together to support the community.
- Make t-shirts, put on face paint, wear costumes - get creative!
- Bring a banner and show your school spirit!

VOLUNTEER

Help us behind the scenes. It's a great way to give back to the community and meet others. Community service credit/hours is available. To volunteer go to our website and click **How to Help**. In the dropdown list click **Volunteer**. Volunteer opportunities include:

- Outreach & Publicity
- Packet Pick-up
- Grounds Set-up & Clean-up
- Bag Check
- Race Day Food/Water
- Water Station

For more information, please visit our website WWW.FAIRFAXRUNFORTHECHILDREN.COM

DONATE OR FUNDRAISE

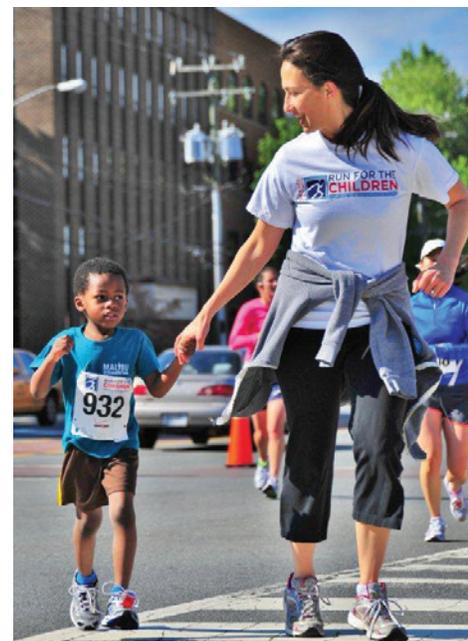
- More than eighty-five cents out of every dollar donated to Fairfax CASA provides direct support to our volunteers and the children they serve.

SPREAD THE WORD

- Tweet us on Twitter @FairfaxCASA.
- Like/Share us on Facebook and Pinterest.
- Blog us on Tumblr.
- Follow us on Instagram @ Fairfaxrunforthechildren.
- Create a fundraising goal.
- Promote event in newsletters and flyers.

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"CASA gives me the opportunity to respond in a way when crying inside simply isn't enough."

BILL, CASA volunteer for 3 years
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SCHOOL TEAM BENEFITS



TEAM BUILDING

- Students work together to achieve an agreed upon goal, i.e., number of student participants, additional fundraising goal, team name and identifiers.
- Team emphasizes inclusion and participation by all.
- School pride is enhanced through community engagement.

COMMUNITY SERVICE

- Students learn first-hand about giving back to their community.
- Students support their peers who need extra help.
- Students experience being a part of a larger effort.

LIFESTYLE

- School has the opportunity to teach students about healthy choices as they train.
- Students experience the benefits of exercise.
- The PE curriculum is enhanced.

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SHOWCASING SUCCESS

FOR IMMEDIATE RELEASE - April 25, 2013

LIBERTY MIDDLE SCHOOL SUPPORTS FAIRFAX CASA FUNDRAISER WHILE INVOLVING SCHOOL COMMUNITY IN FITNESS

The Liberty Middle School community is ramping up its fitness and wellness activities while supporting a fundraiser for Fairfax CASA (Court Appointed Special Advocates), its annual Run for the Children 8K Race and 3K Run-Walk, scheduled for Saturday, May 4. In an effort to get students, staff members, and family members involved, physical education teacher Laura Bellis is encouraging walkers and runners to support a local organization while incorporating fitness into their daily lives. Liberty Middle School is a Fairfax County public school.

Bellis has been holding after-school running clinics on Mondays and Wednesdays for anyone who wants to prepare for the race, running news stories during the school's morning news show, sending home fliers, and distributing Liberty Fit bracelets to all registered runners. She said the Fairfax CASA run was chosen to align with the school's wellness goals of supporting physical activity and fitness for students and staff members; the event encourages walkers and runners to compete at distances that are appropriate for middle school students, and provides safe activities for people of all fitness levels. Bellis and her peer helpers are decorating the lockers of students and doors of teachers who have registered for the race with signs that say "I'm Respectful, Responsible, and Registered," a derivation of Liberty's school slogan: "We're Respectful, Responsible, and Right on Time." She plans to continue recruiting team members until race day.

Bellis says that the majority of the more than 60-person team is composed of students who are running to help the children served by Fairfax CASA, a 501(c)(3) charity that provides volunteer representation to children who are victims of life-threatening abuse, neglect, or abandonment and are under the court's protection. The social service, legal, and judicial systems in Fairfax County depend on Fairfax CASA to recruit, train, and support specialized volunteers who are empowered by the court to advocate for the best interests of each child placed under the court's protection, and to ensure that they are placed in safe and permanent homes as quickly as possible.

NOTE: For more information, contact the Fairfax County Public Schools Department of Communications and Community Outreach at 571-423-1200 or Fairfax CASA's Executive Director at executivedirector@casafairfax.org.

For more information, please visit our website WWW.FAIRFAXRUNFORTHECHILDREN.COM

I run because abused and neglected children are innocent victims who need someone to stand beside them in the unfamiliar world of child protection.

MELISSA — a real estate consultant with Keller Williams Fairfax

