

2024 Into the Light 5K Walk/Run

We are excited for our 8th annual Into the Light 5K. This information is to help you prepare and know what to expect. If you have further questions, please feel free to email @ saveCenla@yahoo.com or call 337-519-1888 or 337-288-0973.

WHAT: Into the Light 5K Walk/Run

WHEN: September 21, 2024

WHERE: Marksville Courthouse square

TIME: CHECK-IN 8:00-9:00 a.m. in front of the Marksville Courthouse. COMMENCEMENT begins at 9:00 a.m. on the courthouse steps. WALK/RUN begins immediately following commencement

➤ THINGS TO DO BEFORE THE EVENT (OPTIONAL- NOT REQUIRED):

- Register to compete (there is a runner registration tab)
- Register a team - If you would like to participate as a team (eg. In honor of a loved one who died by suicide, representing an organization/school/etc., in support of someone who struggles, etc.): you can create a team by entering the team name on our website – there is an “Add a Team” tab – read more information about forming a team under that tab.
- Become a sponsor- there is a sponsor tab on the home page. As a thank-you, you will be included on our sponsor banner, website, email blasts, and event shirt (depending on sponsor-level). See sponsor form for more details
- Get a picture - If you have lost a loved one to suicide, bring a picture to hang on our memorial board (please put your contact information on the back of the photo in case you forget to bring it home after the event).
- Preorder event shirt(s) - there is a tab on the 5K page.
- Register as a Vendor - If you are a mental health resource, agency that has any kind of service to provide, person or business that has anything to sell, etc. and you would like to share it at our event, please fill out a vendor form found on the 5K page – instructions included. If you are not pre-registered to have a booth, you are still welcome but it is better to pre-register

➤ THINGS TO DO ON EVENT DAY 8:00-9:00:

1. **Bead boards** (there will be 2): choose your color bead. (Why do you support the cause)? There will be someone there to help you. (This is free and everyone needs to wear a bead)
 - SILVER - struggling personally
 - BLUE - support the cause
 - RED - lost a 1st responder/military
 - WHITE - lost a relative or friend
 - GREEN - lost a spouse or partner
 - PURPLE- lost a sibling
 - GOLD - a loved one is struggling
 - TEAL - lost a child
 - PINK - lost a parent
2. **Vendor booths** – Please visit the vendor booths and learn about resources available. Sometimes the deterrent for reaching out for help is not knowing what resources are available to you. As an incentive, you will receive a vendor card at the bead board. If you would like a chance to win a door prize, please visit each booth to learn about their resources. Each booth will sign your card (instructions will be on your card).
3. **Runners:** Report to the SaveCenla tent: If you have preregistered, you will receive a runner’s shirt and your name tag. You can also register the day of (\$30), but you will not receive a runner’s shirt that day – it will take a few weeks before you receive your shirt. There are 3 categories for both men and women (under 14, 14-18, and 19 and up). 1st-3rd place winners in each category will be awarded a metal.

4. **Pre-ordered event shirts:** pick these up at the SaveCenla tent. There will be limited event shirts for sale (\$30) that day but we cannot guarantee your size.
5. **Memorial list:** If you have lost a loved one to suicide, please find this list at the SaveCenla tent. Put your loved one's name on this list. You will receive one free ticket for a butterfly that will be given after the run, for the butterfly launch/memorial. More butterflies may be purchased at the SaveCenla tent.
6. **Food tickets:** There will be jambalaya (\$6), colas and gator aid (\$2), cotton candy (\$1), popcorn (\$1), water (free) You will need tickets to purchase these things. Tickets can be purchased at the SaveCenla tent.
7. **Team donations:** If you would like to donate to a particular team, please do so at the SaveCenla tent. (the team that receives the largest donation will be recognized the day of the event, in the local paper, on our website, and our 2024-2025 sponsor banner.
8. **Donate:** you may donate on our website (paypal, venmo, or cash app) or at the SaveCenla tent.
9. **Sponsors:** Our 2024-2025 sponsors will be listed on the sponsor banner, but if you did not have an opportunity to become a 2024-2025 sponsor before the banner was printed, it is not too late. Sponsor forms can be found at the SaveCenla tent. We will save room to add last-minute company logos.
10. **Memory board:** Hang the picture of your loved one who died by suicide.
11. **Story board:** Write a heartfelt note.
12. **Prayer net:** Pray a silent prayer and tie a ribbon to represent that prayer.
13. **Team Photos:** each team sign in at the team photo booth and have your team photo taken. If your team is not already included on our website, it will be added the next week after the walk.
14. **Veteran Boots:** 17 veterans lose their lives to suicide every single day. If you are a veteran, actively serving, know someone who has served, or want to represent a soldier who has lost his/her life to suicide, and would like to carry a pair of military boots on the 5K to honor a soldier, please go to the line of military boots where someone will help distribute the boots (first come, first serve). You will need to sign your name, take a group picture, and return the boots as you return from the 5K.
15. **Silent auction:** Check out the items for auction and place a bid.

➤ **RECAP: WHAT WILL YOU FIND AT THE SAVECENLA TENT:**

1. Runner registration and check-in
2. preordered event shirts – there will be a few for sale but no guarantee that they will have your size (preordered price \$25); day of price \$30.
3. tickets for jambalaya \$6, cottoncandy \$1, popcorn \$1, drinks \$2, water free
4. Memorial list
5. Butterflies
6. Sponsor forms
7. Donate to a team or just donate

NOTE: While registration is free and donations are not necessary to attend this event, they are imperative to our mission and greatly appreciated with a heartfelt thank you!

➤ **HOW TO HELP:**

- Sponsor: sponsor information is on the sponsor tab on the home page or can be found at the SaveCenla tent
- Donate: There is a donate tab on the home page, mail-in, or in-person at the SaveCenla tent
- Donate to a team – there is a tab on the 5K page or you can donate at the SaveCenla tent.
- Buy an event shirt: click the “order an event shirt” tab – there will be shirts at the event but we cannot guarantee your size (\$25 preorder, \$30 day of)
- Purchase butterflies
- Run for the cause

- Participate in the Silent Auction

➤ **ORDER OF EVENTS:**

8:00-9:00: Registration (beads, runner check-in, memorial list/butterflies, food tickets, vendor booths, memory board, story board, prayer net, sponsor/donate, team photos, pick up combat boots, listen to music, and visit)

9:00:

- opening prayer,
- VFW flag raising,
- national anthem,
- speakers,
- runners begin,
- walkers begin
- Runners who place will be awarded medals as they cross the finish line and then a group picture and winner announcements as soon as the last winner crosses the finish line.
- Butterflies will be handed out as the walkers/runners return from the 5K – they must have a ticket. We will announce if there are butterflies left to purchase.
- The winners of the vendor incentive, silent auctions will be announced – payments will be done at the SaveCenla tent.
- Announce the Team winner and trophy
- Butterfly release/memorial
- Conclusion of Event

➤ **VOLUNTEERS NEEDED:**

- Volunteers needed to set up the morning of from 5:00 to 7:30
- Behind the scene preparations before the event

Please call 337-519-1888 or 337-288-0973 if you would like to help. Thank you!!!