

WRR 2026 RACE GUIDE

Thank you for signing up to Walk, Run, or Ride for Life on May 9th!

We hope you find this guide helpful as you Walk, Run, or Ride for Life during this year's WRR! Should you have additional questions, you can reach Stephanie at development@assistcpc.org.

The Details

IN-Person Walk Run Ride for Life Event!

The event will take place on Saturday, May 9th at 10:00am, at Occoquan Regional Park. Sign up to participate as a walker, runner, or bike rider—and then invite others to sponsor you! Following event completion, stay for food, fun activities, prizes, and ministry stories as we celebrate LIFE together.

Location: Occoquan Regional Park – Address: 9751 Ox Rd, Lorton, VA 22079.

Course:

- This event is perfect for families! Join other parents who are participating with their kids. Strollers and young children are welcome for this 1 mile fun run.
- The 5K Run will occur on Occoquan Regional Park grounds. The course is an out-and-back course that starts and ends at the pavilion where we are gathering.
- The Adult Distance Cycle is a **VIRTUAL EVENT**. Participants will pick their own course and complete their distance cycle by Saturday, May 9th. All participants are encouraged to join us at Occoquan Regional Park on Saturday, May 9th to partake in our in-person Celebration of Life.

Registration: Make sure to register so you will receive your t-shirt and qualify to earn prizes.

How much does the event cost?

- It is FREE to sign-up! Consider making a donation when registering to support families. Invite others to sponsor you, and earn prizes along the way!

Sign me up!

- You can sign up and edit your online account by going to: www.runsignup.com/wrrforlife




Use your phone's
camera to scan the
QR code to sign-up today

Follow Assist Online for Event

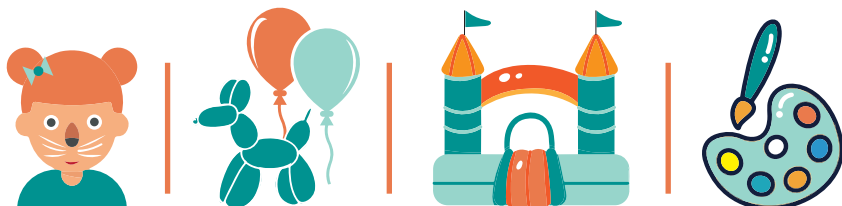
Updates and Prize Opportunities:

 Follow us on Facebook @AssistPC

 Follow us on Instagram @AssistPregnancyCenter

Walk Run Ride for Life Event Activities!

In addition to the 1-mile family stroll and 5K taking place at Occoquan Regional Park, we will have food and fun activities for the whole family as we celebrate life together!



We will have face painting, a balloon artist, a caricature artist, a bouncy house and other fun activities for kids and families!

Free specialty coffee drinks for the first 100 participants to order!

Sponsored by ACCfamily.



KIDS PRIZES

Every Kid Wins!

- Stickers • Wristband • Chick-fil-A® Meal Card



Raise \$50

- Cotton T-Shirt
- Sweet Frog Coupon



Raise \$150

- Sweet Frog Gift Card



ADULT PRIZES



Raise \$50

- Performance (Wicking) T-Shirt

Raise \$250

- Chick-fil-A® Gift Card



TEAM PRIZES

Top Fundraising Team

- Malek's Gift Card

PLUS

One Chick-fil-A® Meal Card
per participant

Largest Fundraising Team

- One Chick-fil-A® Meal Card
per participant



Team

Form a Team to Support Life Together

Put a team together with your friends or church, and compete as a group! We will be awarding a special Team Prize to the largest team.

Team Sign Up

On the first page of your registration, you can opt to join an existing team or create a brand new team. Make sure you also select who your team captain will be during registration. If you are creating a team, you'll also be given the opportunity to set a fundraising goal for your whole team!

T-Shirt

Event T-Shirt

All registered participants who raise \$50 will receive an event T-shirt on Saturday, May 9th.

Fundraising

Create a Personal Fundraiser

When registering, you will have the opportunity to create your own personal fundraising page to support Assist Pregnancy Center where you will be able to share why you are passionate about saving lives and set your own fundraising goal. You will then be given a link you can share with your friends and family to encourage them to support your fundraiser for Assist Pregnancy Center!

How does this support Assist Pregnancy Center?

Creating a personal fundraising page for Assist provides an opportunity for you to share the important ministry of Assist within your own circle and network, creating more awareness and support for the ministry! **You are making a difference for life when you invite others to sponsor you financially as you participate in this event.** All funds raised through this event ensure critical, life-saving services continue for hundreds of moms, dads, and babies.

Event Location, Occoquan Regional Park

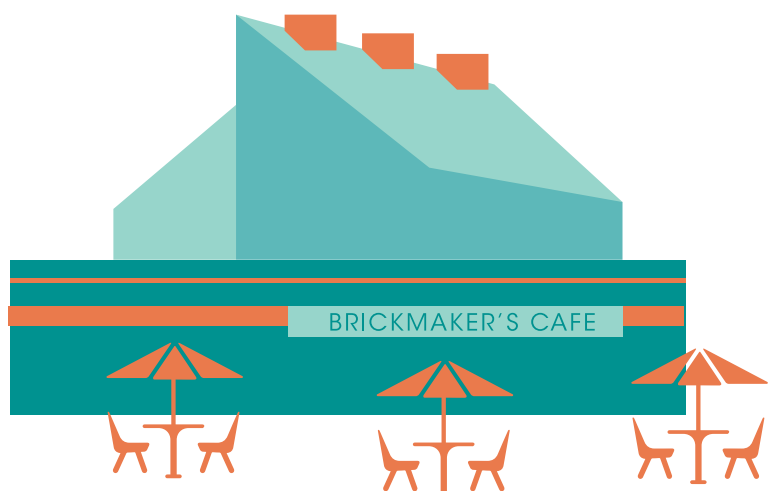
Brickmaker's Cafe

Brickmaker's menu features a variety of items, including fries, burgers, salads, and more for purchase. Café opens at 11am. Sit by the water and enjoy lunch after the event concludes!

Additional Park Offerings

- Fishing
- Batting Cage
- Boat & Kayak Rental
- Hiking Trails

More info can be found here:



Connect

We'll be sharing as many posts as we can on our channels so be sure to tag us: on Facebook @AssistPC, and on Instagram @AssistPregnancyCenter.

Playlists

We've created a playlist to keep you entertained during your race. Use your phone's camera to scan the QR code to listen to the Assist Spotify Playlist.



About Assist

Our Mission

Assist Pregnancy Center exists to promote life through Christ to those vulnerable to abortion.

Our Vision

We envision every individual in our community choosing physical life for their unborn children, eternal life through faith in Christ, and abundant life by walking in obedience to Him.

Our Services

Thousands of lives have been rescued and transformed through the no-cost services you make possible for women and men navigating an unexpected pregnancy. Assist's free services include:

- pregnancy testing
- ultrasound consultations
- options counseling
- education regarding abortion risks and alternatives, adoption, and parenting
- 24/7 nurse support
- STI testing
- STI treatment
- Pregnancy and Parenting classes
- Material resources to meet practical needs
- One-on-one coaching
- Mentoring for dads
- Post-abortion support
- Connection to local churches

Keep In Touch

Follow us on social media:



Follow us on Facebook @AssistPC



Follow us on Instagram @AssistPregnancyCenter

Check out our website: www.assistpartners.org

Questions?

Reach out to Stephanie at development@assistcpc.org.