



**29th Anniversary
Outrun Lupus 5K Run/Walk**

Saturday, September 23rd
Campbell Park Campbell, CA

8:00 AM PDT START

Register & fundraise: outrunlupus.org

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**TEAM CAPTAIN
INFORMATION**

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**OUR MISSION IS TO
IMPROVE LIVES IMPACTED
BY LUPUS**

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WHO ARE WE FIGHTING FOR?



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2022 Results
173 Participants
\$40,000 raised

2023 Goal
\$45,000



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TELL US YOUR STORY

Share with us today why you are going to the Outrun Lupus 5K

No one can tell your story better than you, but we can help

Use the methods and platforms you are comfortable with

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SHINE AS A TEAM

Recruit team members as fundraisers (and additional Team Captains, if needed)

Set a goal of \$100 per participant

Identify and recruit a "top participant" (\$1,000+ raised)

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SHINE AS A TEAM

Raise more than \$2500 by August 23rd and secure your Team Tent/Table & Chairs!!



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2023 Individual Incentives

Donate or raise \$100- Outrun Lupus
Shoelaces

Donate or raise \$250- Outrun Lupus Shoe
Wallet

Donate or Raise \$1000 - Outrun Lupus
Sling Bag

Top individual Fundraiser wins a Fitbit





2023 Team Incentives

Largest Team* Wins an Apple AirPods

**Teams that raise over \$5000 will be
entered into a raffle to win a
Customized Apple Watch**

**Largest Team will be based on # of members as of Friday,
Sept. 22nd at 5pm.*

***Team Captain to decide who on team receives the
incentive*



2023 HONOREE
Jane Siebenmorgen |
TeamJane



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2023 OUTRUN LUPUS 5K DON'T FORGET!

- Register your team online
- Recruit walkers & a team honoree
- Organize a team kick off or rally
- Start fundraising!

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Check in opens at 6:00 am

5K Start 8:00 AM PDT

Register & fundraise:
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