

## Lisa Panchella

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**From:** DVB AALAS <difrancesco@wistar.org>  
**Sent:** Thursday, May 4, 2017 4:14 PM  
**To:** Lisa Panchella  
**Subject:** Announcement for AALAS leadership



Please join us in supporting Homes for Animal Heroes (<http://animalheroes.naiaonline.org/>) through a virtual 5K! Homes for Animal Heroes is an organization that works with research institutions to provide permanent, loving homes for retired research animals through a nationwide re-homing network. A virtual 5K, for anyone who is unfamiliar, is a 5K that you can do from anywhere. That means that whether you are in Texas, North Carolina, California, or Antarctica, you can support our cause! You can jog in your neighborhood, run as a group, walk your 5K through a park with your four-legged companion, or even log 5K on your treadmill at home. Registration is open NOW, and runs through June 30th, 2017. You can register now and run any time between now and the end of June- it's up to you! We encourage you to walk or run with your dog; they can even earn their own race medal dog tag for participating! Not a runner? Feel free to walk your 5K at your leisure. Walk, jog, run, or sprint; you can make a difference to our heroes!

What to do: Follow this link <https://www.classy.org/campaign/run-for-research-awareness-homes-for-animal-heroes-virtual-5k/c127594> to join an existing team, start your own team, or register as an individual runner. Then, create your profile, set a fundraising goal, and share on social media! This is a great way to get your friends and family involved. They can join your team and run to support our animal heroes, or they can contribute to your campaign to help raise money!

In order to join or create a team, you do not need to pay anything or raise any money up front. The goal is to have individuals join your team and then share their fundraising pages on social media to get supporters. There are some pretty amazing awards that you can earn at different fundraising levels, too! You can either contribute yourself or raise these amounts through donations from friends and family. Each individual that

raises \$25 will receive a custom Homes for Animal Heroes 2017 5K medal, and there are other prizes (lapel pin, keychain, t-shirt, sweatshirt, duffel bag, jacket) that you can earn depending on how much more money you are able to raise. Awards will be distributed after the event has closed (allow 4-6 weeks for delivery), but we will be able to provide printable logos that your team can pin to their shirts during their run, if you want to get that organized!

In addition to earning awards for yourself, the team with the most dogs running with their pack and the team that raises the most money will receive honors.

AND, the local AALAS branch that raises the most money will receive a trophy and bragging rights! When registering for the 5K, you'll have the opportunity to indicate whether or not you are a member of your local AALAS branch, and donation amounts for your branch will be calculated at the close of the race, regardless of what team you're running or walking with. Feel free to walk, jog or run whenever you'd like- we encourage you to get a group of friends and coworkers together to support this cause! However you support the cause, we're all for it! Let's get running!

If you have any questions about forming a team, or need help with anything, please feel free to contact me at [julie.kent@duke.edu](mailto:julie.kent@duke.edu). If I can't answer your question, I can put you in touch with someone who can! Thanks for your time, and I look forward to hearing from you!

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DVB AALAS | 3601 Spruce Street, Philadelphia, PA 19104

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