



**Taking place both in-person and virtually, Callen-Lorde's Rainbow Run is a 5K or 10K fun run/leisure walk promoting health and wellness while supporting the lifesaving work of Callen-Lorde Community Health Center!**

### HOW IT WORKS

**The in-person event will take place in Hudson River Park on Saturday, May 3.**

If you are not in the NYC area or prefer to participate virtually, you can choose any day between May 3 and May 11 to complete your run or walk in the convenience of your own neighborhood. In addition to participating in the Rainbow Run, you can help by:



- **Creating a personal fundraising page** – Set a fundraising goal and have those in your networks donate to your run and proudly show their support of LGBTQ+ health and wellness. This year, we will offer exciting individual incentives for fundraising - stay tuned!
- **Building and inspiring a team** – This race is the perfect opportunity to partner with friends, family, co-workers, neighbors, and others to promote wellness. Teams are a great way to inspire healthy competition while supporting a great cause. We encourage teams to be creative in their costumes and team name!
- **Considering a sponsorship opportunity** – Sponsorships are available starting at \$250 and are an excellent way to promote your commitment to LGBTQ+ health. Sponsors are listed on promotional emails, social media posts, printed materials and in-clinic event signage. Sponsorships can be made by individuals or organizations, and all funds empower Callen-Lorde to continue providing lifesaving health services to those who need them most.



To learn more about how to get involved in the Rainbow Run, please email [development@callen-lorde.org](mailto:development@callen-lorde.org) or call **646-965-5467**.