

Victims' Rights Run/Walk April 2021

VRRW 5K Participant Packet

GETTING STARTED

Getting set up for this event is quick and we have all the information you need!

Select your activity, safety needs, and support buddy if you choose to have one.

Complete the virtual 5K or movement activity between April 18th and April 23rd.

Share your activity and submit any photos via social media and tag @SSACGMU.

For more details, visit the FAQ page on our website: <http://vrrw.gmu.edu>.

GIVEAWAYS

Most Spirited Participant- Receive a Mason water bottle, magnet, and notebook! Show us your Mason spirit while being active!

Most Spirited Department – Receive an engraved trophy to keep in your office for the year. Show us your Mason spirit as a team!

Most Creative Social Distancing – Receive 2 mugs and 2 pop sockets for you and your partner. This giveaway goes to the individuals who have the most creative way of being active together but from a safe distance!

Most Spirited Pet – Receive a squeaky toy and pet bandana. This giveaway goes to the participant with the most spirited pet partner!

Take a picture before, during or after your activity and post it on social media using #5KYourOwnWay, #MasonVRRW2021 or email your photo to smarlowe@gmu.edu

GUIDELINES

The link to the current mask policy outlines the exceptions for mask use for George Mason: [Here!](#)

The link to the current Virginia Department of Health Guidelines: [Here!](#)

If you are not participating in Virginia, we recommend you check in with the local CDC guidelines for your area.

All participants should wear face coverings during any period they are unable to maintain the 6-foot distance from others if it's safe for you to do so!

ALSO USEFUL

- Work with Google Maps to track activity and create maps for further running and cycling: <https://gmap-pedometer.com/>
- usatf.org/ has a database of over 603,00 runs provided by runners that is searchable by distance and location. The link takes you to a list of 5 to 10k runs in Virginia.

SAFETY TIPS

Share

Share your location or route with someone you trust

Try

Try your best! If you are completing your activity outside, try to do so in an open area where others are around in case you need help or support

Make

Make sure to warm up before and cool down after your activity in any way you can

Take

Take your time and go at a pace that you are comfortable with

Hydrate

Hydrate hydrate hydrate! It's recommended to drink 1 pint of water 15 minutes before you start exercising and another pint after you cool down. If possible, try to drink water every 20 minutes or so while completing your activity

CRISIS SUPPORT

Crisis Text Line Text HOME
to 741741

CrisisLink 703-527-4077

Mason Sexual and
Intimate Partner Violence
Crisis Line 703-380-1434

Trans Lifeline (for the trans
community) 877-565-8860

The Trevor
Project's TrevorLifeline (for
LGBTQ+ students) 866-488-
7386

Veterans Crisis Line (for
Veterans) 800-273-8255,
Press 1

Mason Police 703-993-
2810

CAPS Protocol Crisis
Support 703-993-2380
(select 1)

RAINN 1-800-656-4673

Victims' Rights Run/Walk



#5KYourOwnWay

Victims' Rights Run/Walk



#5KYourOwnWay

RACE BIB TEMPLATE

- You can choose to decorate and print out a Race Bib if you wish!
- This is completely up to each person and not required.

Victims' Rights Run/Walk



#5KYourOwnWay

Victims' Rights Run/Walk



#5KYourOwnWay



PHOTO FRAME TEMPLATE

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SUPPORTIVE MESSAGES AND AFFIRMATIONS

For social media sharing or decorating your own materials

- I am enough!
- I/We support survivors!
- I'm doing the best I can!
- I can/will do this!
- I accept myself as I am!

I SHOW MY SUPPORT BECAUSE.... EXAMPLES

"I'm taking action to support survivors because no one deserves to experience abuse/sexual violence!"

"I want to bring awareness that sexual violence affects hundreds of thousands of people each year in the US!"

"I want to bring awareness that every 73 seconds, someone is sexually assaulted in the US!"

For more statistics on sexual violence on college campus': <https://www.rainn.org/statistics/campus-sexual-violence>

For more statistics on the scope of sexual violence: <https://www.rainn.org/statistics/scope-problem>

HASHTAGS TO USE
FOR SOCIAL MEDIA

#5KYourOwnWay



#MasonVRRW2021



We encourage you to share your own photos and messages of support with these hashtags too!

ACTIVITY LIST EQUIVALENT TO 5K

5K= 3.1 MILES

Average time to walk 5k= 45 minutes-60 minutes. Average time to run 5k= 30-40 minutes

Events will take about an hour or cover 3.1 miles. They can be completed all at once or can be completed in smaller time increments over the duration of the event.

- Dancing for 1 hour

- Treadmill, Elliptical, Indoor Exercise Equipment for 3.1 miles

- Swimming for 3.1 miles or about an hour

- Biking for 3.1 miles

- Yoga for 1 hour

- Soccer for 1 hour

- At home workouts for 1 hour at once or one every day for about 3-4 days

- Basketball for 1 hour

- Tennis for 1 hour

- Hiking 3.1 miles

- Stretching (if unable to stand) for 10 minutes at a time every day for the duration of the

Sitting
Exercises: <https://www.nhs.uk/live-well/exercise/sitting-exercises/>

- Meditation every day for 10-15 minutes for the duration of the VRRW