

Vancouver Sun Run 2019

Sunday April 14, 2019

About the Vancouver Sun Run - *The Vancouver Sun Run is Canada's largest 10K road race. Through the years, the run captured the imagination and hearts of individuals wanting to improve their health and well-being. Today thousands upon thousands descend upon the streets of Vancouver each year in celebration of good health and community! Every registrant has the opportunity to create a personal pledge page and to fundraise for a great cause through participation in the Vancouver Sun Run. Join the race and help us raise funds!*



The Duke of Ed – BC & Yukon was selected as one of the charity partners!

Fundraising goal: **\$5,000**

All funds raised will go towards increasing awareness of, and access to, the Duke of Ed opportunity for all young people ages 14-24 in BC & Yukon.



How to join:

1. **Create** an account with the Vancouver Sun Run and **register** for the Duke of Ed race team for the run and **pay** \$22. [CREATE AN ACCOUNT & REGISTER HERE.](#)
2. **Select** "Create my own fundraising page!" to start raising funds for Duke of Ed. [START HERE.](#)
3. **Begin** your race training, **recruit** friends to join the Duke of Ed team, and encourage people you know to **donate** to your fundraising page.

Count this towards your Duke of Ed Award!



PHYSICAL ACTIVITY

- ✓ Training for the race – activities ranging from walks, weights, resistance, endurance, timed runs, etc.



SERVICE

- ✓ Time spent recruiting friends to join the Duke of Ed team
- ✓ Hours spent encouraging people to donate to your fundraising page through emails, phone calls, texts, in-person meetings, social media posts, etc.